KRISHNADAS AYURVEDA SERIES
107

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॥ श्रीधन्वन्तरये नमः ॥

कायस्तचामुण्ड विरचिता
रससङ्केतकलिका

RASA SAṄKĒTA KALIKĀ

OF

KĀYASTHA CĀMUṆḌA

(With detailed notes, glossary etc.)

English Translation
By
Uttam Vaidya
Pammi Satyanarayana Sastry

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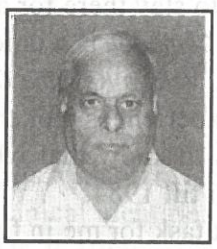

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CTION

translate, atleast one book on
ra Civukula Satyanārāyana Śāstry
kēta Kalika often. Hence, I had

Vaidya Vidwān, in 1970s, I read
and Latin to me at that time. I
o quench my desire temporar-
the *yogas* by comparing them
Yōga Sāgara & Bhārata Bhiṣajya
ıtions. I also used to comapare
ne. I jotted down all the infor-
ıttings and translated the entire
gs of Lord *Tryambakēśwara* at
e for a week. I found that this
a unique contribution to *Rasa*
ystha Cāmuṇḍa filled this book
for the welfare of Ayurvedic
hat why this treasure was not

ıe in finding appropriate words
ɔe, learned readers will forgive
ect them in the next edition, if

in names for the herbs to make
confusion in identifying them
ried to give these names along
ɔr better understanding.
/n explanation to the names of
er places, where it demanded.
nt the pictorial explanations to
furnaces) *Puṭa* , Mortar etc., I
aints.

I gave Glossary of *sanscrit* terms used in the text for the benefit of the readers.

I have taken the help of the books at items 06, 07 & 08 of the List of "Books consulted" for rendering the Botanical equivalents of drugs and book under item no.09 for rendering modern medical equivalents for the diseses/ailments.

Though the translation was done three and a half years back, for some reason or other, the typing and computer type setting could not be done. At last now it is ready for publication by the grace of *Raśēsvara* whithout whose blessing this could not have been done.

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25th June, 2005

"Uttama Vaidya"
Pammi Satyanarayana Sastry.

', M.D.(Ayurveda)
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ned at making this available to all
id practical purposes.
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id, as the "chip of the old block", he
is maternal grandfather - *Rasācārya*
slation is lucid and self explanatory.
rease the utility of the work.
a long way in removing the miscon-
ng the modern practitioners. I con-
ng him many more useful works from

Dr.P.H.C.Murty

कायस्थ चामुण्ड विरचिता

रससङ्केत कलिका

RASA SAṆKĒTA KALIKĀ

of *Kāyastha cāmuṇḍa*

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ONS USED

s; cms = Centimetres; qty =

LITERATION

अं अः
aṃ aḥ
छ ज झ ञ
cha ja jha ña
प फ ब भ म
pa pha ba bha ma
त्र ज्ञ
tra jna

wn in *italics*

कायस्थ चामुण्ड विरचिता

रससङ्केत कलिका

RASA SAṄKĒA KALIKĀ

of *Kāyastha cāmuṇḍa*

अथ प्रथमोल्लासः ।

First Chapter

मङ्गलाचरणम ।

Invocation of the Lord Siva

शिवं नत्वा रशेशं चा [१]मुण्डः कायश्थ वंशभूः ।[१] च चुण्डः कायस्थकहम्भभूः ।पा.भे.
करोति रससङ्केत कतिकामिष्टसिद्धिदाम् ॥ १ ॥

Śivan natvā rasēśam cā muṇḍa kāyaśtha vaṁśbhū
karōti rasa saṅkēta kalikā miṣṭsiddhidām -1

Camunda, belonging to *Kāyaśtha* sect,after worshiping the Lord *Śiva*, the God of alchemy, writes "*Rasa sankēta kalika*" to fulfil his desire (of dissiminating the knowledge).

पारदोत्पत्तिः ।

Origin of Mercury

स्कन्दात्तारक हिसार्थं कैलासे विधृतं सुरैः ।
रते शम्भोश्च्युतं रेतो गृहीतमग्निना मुखे ॥२ ॥
क्षिप्तं तेन चतुर्दिक्षु क्षारा [२]ब्दौ तत्पृथक्पृथक । [२]क्षीराब्धौ - पा.भे.
सौम्यादिदित्र्यस्थं यद्गौरी शापान्न कार्यकृत् ॥ ३ ॥
पश्चिमायां विमुक्तं तत् सूतो ऽभूत् सर्वकार्यकृत् ।

Skandāttāraka himsartham kailāsē vidyutam suraih
ratē śambhōścyutam rētō gruhitamagninā mukhē -2

rā bdou tatpruthakpruthak
gouri śápānna kāryakrut -3
ītō abhūt sarvakāryakrut

ped Lord *Śiva* to kill the demon
: with *Pārvati* to give birth to an
o the job. During the course, a
wn and fell in the mouth of the
ır parts and distributed into the
:ading) oceans on all the four
rth & south oceans became use-
he Mercury capable of doing all.
ating all diseases and make the
ath)

ङ्गः ।

Mercury

प्रादि पारदाः ॥ ४ ॥
। स्वस्वजातिषु ।

ṣṇā viprādi pāradāh -4
ōjyā vā sva sva jātiṣu

ds - White, Red, Yellow & Black
ı, *Vaiśya & Sūdra* by castes. The
the humans immortal. The Red/
ıg metals. The Yellow/*Vaiśya* is
The Black/*Sūdra* is used to make
ents).

षाः

of Mercury

सप्ताथ कञ्चुकाः ॥५॥
द्याः सप्त कञ्चुकाः ।
रसस्था द्वादशैव ते ॥६॥
ल्यं चाथ गौरवम् ।

दोषा नैसर्गिकाः प्रोक्ताः, स्मृताः सप्ताथ कञ्चुकाः ॥
[1]भूमिजा गिरिजा वार्जा द्वे द्वे च नाग वङ्गजे ॥
[2] कुष्ठान्यष्टौ रसान्तः रसे तेऽनन्तदोषदाः - पा.भे

Tēṣu naisargikā doṣāh panca, saptādha kanckukāh -5
Maḷā dyāh pancadōṣāh syurbhūjādyāh sapta kancukāh
Kuṣṭadīn hi prakurvanti rasasthā dvādasaiva tē -6

[1] viṣam vahnirmalaścāpi cancalyam cātha gouravam
dōṣā naisargikāh prōktāh, smrutāh saptātha kancukāh
Bhūmijā girijā vārjā dvē dvē ca nagavaṅgajai - Variant reading
[2] kuṣṭanyāśṭou rasāntah rasē tē anantadōṣhadā - Variant reading

All the four varieties contain impurities. They are 12 in number. Five are by inherence. One each due to contamination of mountains, Earth and water and four due to contamination with lead, tin etc.. The five inherent impurities are 1. Poison, 2. Heat producing quality in the body, 3. Unwanted material or dirt, 4. Unstability and 5. Heavyness.

रससंस्कारः ।

Purification methods of Mercury

तेनाष्टदश संस्कारा उक्ता ज्ञैर्दोषमुक्तये ।
कर्तुं ते दुष्करा यस्मात् प्रोच्यन्ते सुकरा रसे ॥७॥
पलादारभ्य पञ्चाशत्पलं यावच्च पारदः ।
तत ऊनोऽधिको वाऽपि न संस्कार्यो रसो बुधैः ॥८॥

Tēnāṣṭadaśa sanskārā uktā jnairdōṣa muktayē
Kartum tē duṣkarā yasmāt prōcyantē sukarā rasē -7
Palādārabhya pancāśatpalam yāyacca pāradah
Tata ūnō adhikō vā api na sanskāryō rasō budhai -8

Eighteen *Samskāsrās* (processes) have been prescribed to remove these 12 impurities of mercury. Though difficult, they are to be done to easen the mercury to get mixed in the medicines.

Minimum & maximum quantities suggested for subjecting mercury for purification are one *pala* (4 *tolās* = 50 gms. approx.) and 50 *palas* (200 *tolās* = 500 gms. approx.). If less than the mini-

rt would be more. The apparatus
ty is more than *50 palās*.
ıe to advancement of technology, more

nm

by Grinding
: शुभेऽहनि ।
विमर्दयेत् ॥९॥
वणैः पृथक् ।
ो दिनैकतः ॥१०॥
ītah stāpyah śubhē ahani
i taptē caiva vimardayet -9
āmla lavaṇaih pruthak
ıavēcchuddhō dinaikatah -10
s day, the mercury is to be filtered
e a mortar made of iron or copper
lace the filtered mercury in it, add
ıt of the mercury and grind slowly,
he turmeric powder turns to black
mustard seeds, kitchen soot, the
ong pepper & Dry ginger), Acidic
ıally.

authors have grouped these drugs, prob-
the purpose is to triturate the mercury to
idic drugs. The main drugs are juices of
ınge, Pomegranate, Wood apple, Goose-
tire plant of Oxalis corniculata etc.
salts generally used in Ayurveda. They
, *Bida* salt, *Sowvarcaka* salt & *Romaka*

nding consumes a day with each drug in

स्वेदनम्

Purification by Steaming

ततः क्षाराम्लमूत्राद्यैः स्वेद्यो वस्त्रावृतो दिनम् ।

Tatah kṣārāmla mūtrādyaih svēdyo vastravrutō dinam

The mercury obtained after the first process of grinding, is to be packed in a pouch of cloth and kept hung in an earthen pot. The pot is half filled with saturated solutions of alkalines, acidic & urine groups of drugs, individually one after the other. The pot is kept on fire and boiled till the solutions evaporate, thus making the vapours to pass through the mercury.

Note:

1. Acidic group of drugs have been detailed in the previous stanza.
2. Alkaline group of drugs: There are about seven alkalines used in Ayurveda. But, mainly three are used viz. Yava Kshara (Hordeum vulgare), Sarja Kshara and Borax
3. Urine group: These are nine in number, but, five are generally used for this purpose. They are Cow, Goat, Sheep, Buffalo and Donkey. The rest are Elephant, Camel, Horse and man.
4. This process consumes a day with each drug. There are about 20 drugs and hence consumes 20 days approx.

मूच्छनम ।

Purification by Swooning

मूर्च्छयेत्सप्तधा पश्चात्कन्याग्न्यर्क वराम्बुभिः ॥११॥

Mūcchayētsaptadhā pascatkanyāgnyarka varāmbubhih - 11

Mercury that underwent the second purificatory process be ground in a mortar with pestle, along with the juice of the *Kumāri* - Aloe vera, *Citraka* - roots of Plumbago zeylanica, Latex of *Arka* - Calotropis plant, decoction of *Varā* - the three myrobalans viz. Furit rinds of Terminalia chebula, Terminalia bellirica and Gooseberry. After this process the mercury swoons. It looses its quality of moving like a liquid.

नम् ।
elling (throwing)
ार्कयुतः शुचिः ।
दोष वर्जितः ॥१२॥
ı pādāśārkayutah śucih
bhavēdvā doṣavarjitah -12

method is again subdivided into
o fall down, across and upwards
metallic impurities like zinc, tin
esses. The mercury after the third
re copper of 1/4th the weight of
ure becomes a paste.
pparatus for these three processes.

pots of suitable size are to be
olied inside bottom of one pot and
ıe other pot filled with water. The
ı the pots shall be made airtight by
ral times. This arragement makes
scape. The apparatus is then placed
se, keeping the pot filled with wa
pot above the ground level. Thi
dung cakes around it, till the mer
s condensed in the water in the
ı - falling down process, since th

ion.
ar to the above. In this case, th
ove is again made into paste an
wer pot. The apparatus is kept o
cool continuously the upper po

for the sublimated mercury to condense on the innerside of the upper pot. The mercuric particles are to be scraped and collected when the apparatus is cool.

3. Third process:

This mercury is again made into paste by grinding with copper and kept ready. Apparatus for this process is also the same but the pots are kept sideways to allow the mercury vapours to travel sideways and condense. (In this case, modern retort can be considered for use.) Thus the mercury is freed from all impurites.

The mercury extracted from Cinnabar is pure and can be used in medicines. All the above purificatory processes can be avoided if mercury is extracted from Cinnabar.

Note: Though the author had indicated under stanza no.7 that 18 process are required (as all other texts too said) to free the mercury from the impurities/ contaminations, only four have been described. The mercury is used for two main objectives. 1. to make the body free from old age and to attain immortality and 2. for alchemical purposes. The first 8 of 18 purifactory processess are for the former and the all the 18 for the later. Generally, even these eight processes are not adapted in present days, as the mercury now available in the market is 99.9% pure. Accordingly, the present author too would have felt that these four are sufficient.

गन्धकजारणम्

Process of assimilating Sulphur in Mercury

गुरुशास्त्रे परित्यज्य विना जारित गन्धकात् ।
रसं निर्माति दुर्मेधाः शपेत्त ं रसेश्वरः ॥१३॥
सूतं गन्धं रसेकांशं स्तोकं स्तोकं तु खल्वगम् ।
कुट्टनात् कुट्टनात् पिष्टं भवेद्वा ताम्रपात्रगम् ॥१४॥
तत्तुल्यं गन्धकं दत्वारुद्वा तं लोहसंपुटे।
पुटेद्भूधरयन्त्रे च यावज्जीर्यति गन्धकम् ॥१५॥
एवं पुनः पुनर्देयं षड्गुणं गन्धचूर्णकम।

बलरोगहा ॥१६॥

vinā jārita gandhakāt

āh śapēttam rasēsvarah -13

m stōkam stōkam tu khalvagam

bhavēdvā tāmrapātragam -14

ā rudhvā tam lōha samputē

yāvajjīryati gandhakam -15

ādguṇam gandhacūrṇakam

rasō nikhila rōgahā -16

of making the amalgam of mer-
ls that without the knowledge of
malgam should not be made. If
s as a curse of the *Raśēsvara*, the
t underwent aforesaid process or
is kept in a mortar made of cop-
der of equal weight. Add little
mercury and grind with copper
d and becomes a black powder.
hall be seen. This black powder
sealed airtight in a set of two
iron and baked in an apparatus
l the sulphur is mixed with mer-
l at room temperature and open.
osits at the top of the upper ves-
eat this process for another five
product will be in a scarlet colour

and is called *"Ṣhaḍguṇa Sindūra"*. This is capable of curing all diseases.

Note: In this process equal quantity of sulphur is made to react with mercury for six times. The text should not be misunderstood that the sulphur, six times the weight of mercury be added once and baked.

रसबन्धभेदाः ।

Methods of binding mercury.

पाटः खोटो जलौका च भस्माख्यश्च चतुर्धकः ।
बन्धश्चतुर्विधः सूतो विज्ञेयो भिषगुत्तमैः ॥१७॥
पाटः पर्पटिकाबन्धः पिष्टिबन्धस्तु खोटकः ।
जलौका पक्वबन्धः स्याद्भस्म भस्मनिभो भवेत् ॥१८॥

Pāṭaḥ khōṭō jaloukā ca bhasmākhyaśca caturdhakaḥ
Bandhaścaturvidhaḥ sūtō vijnēyō bhiṣaguttamaiḥ -17
Pāṭaḥ parpaṭikābandhaḥ piṣṭi bandhastu khōṭakaḥ
Jaloukā pakva bandhaḥ syādbhasma bhasma nibhō bhavēt- 18

The method by which the most unstable mercury is made stable is called *"bandha"* - binding.

The mercury is made as a paste or powder in this process to make it stable.

There are four methods as per the experts.

1. *Pāṭa bandha* - Making the mercury a powder by melting & cooling.
2. *Khōṭa bandha* - Making the mercury into a ball like lump.
3. *Jaloukā bandha* - This is also similar to the above, but as a paste, flexible like leech.
4. *Bhasma bandha* - Making the mercury as *Bhasma*. (*Bhasma* is also a powder but by different methods by changing its physical & chemcal structure.

रसभस्म भेदाः ।

Kinds of *Bhasma* of Mercury

र च ।

ūrdhvagam talabhasma ca

le in two methods, one by subli-
)per container and the other that
ower container of the apparatus.

r विधिः ।

:ma by sublimation

ासंपुटं शृणु ॥१९॥
षोडशाङ्गुलम् ।
ज्ञीमधोगताम् ॥२०॥
त्य चान्यया ।
मिं दृढाग्निना ॥२१॥
लवणं त्यजेत् ।
स्यां रसेश्वरः ॥२२॥
इके न्यसेत् ।
ा विनिक्षिपेत् ॥२३॥
छीतं मुहुर्मुहुः ।
ामितं क्षिपेत् ॥२४॥
वालयेत्सुधी : ।
त्रितयं क्षिपेत् ॥२५॥
जलं त्यजेत् ।
ास्म सिद्दम् ॥२६॥

'am sthālikā sampuṭam śruṇu -19
yē sarvatah ṣōḍaśāṅgulam
pūrya stālīmadhōgatām -20
'ēt samputī krutya cēnyayā
'a caturyāmam oruḍhāgninā -21

Pacētatsvāṅgaśitam vai hyudrutya lavaṇam tyajēt
Lāvaṇī mūrdhvagām krutvā kṣēpyō anyasyām Rasēśvarah -22
Pūrvat samputī krutya pascāttu cullakē nyasēt
Druḍham krutvā ālavālam tu jalam tatra vinikṣipēt -23
Uṣṇam punah punastyaktvā kṣihēcchītam muhur muhuh
Tridvārē kāṣṭamēkaikam dīrgham hastamitam kṣipēt -24
Hastavat piṇḍmānam tu hyādou prajvālayēt sudhīh
Dvē dvē kāṣṭē ca tasyōrdhvam tadīrdhvam tritayam kṣipēt-25
Yavadyāmadvayam pascādaṅgārāśca jalam tyajēt
Ūrdhva sthālyām tu yallagnam tadūrdhvam bhasma siddidam26

The apparatus for this is the same described under purification by felling. Take two identical pots, whose mouths when kept one over the other should have no gaps to fecilitate airtight sealing. The total height when sealed shall be 16 inches. The top outer surface of the upper pot (kept inverted) shall have a circular wall/edge to store water to serve as a condenser. The bottom pot shall be half filled with moist salt on which the purified mercury is placed. This apparatus be sealed airtight by wrapping cloth, coated with soft mire and dried. Then this apparatus is kept on a fire place having three mouths and carefully regulated to give equal flame for six hours in all the three mouths continuously. The water on the top of the apparatus shall be replaced by cold water when ever it gets heated. Allow the apparatus to cool on its own to room temperature. Open the joint carefully and collect the mercury deposited inside the upper pot by scrapping. This is the Mercury *Bhasma* by sublimation method.

Note: The method of preparation of *Bhasma* of any mineral/metal is called *māraṇa* in sanscrit, whose literal meaning is killing. This word is very apt and our ancestors deserve all appreciation for selecting this word. If, a human being is killed, he cannot be revived to life by any means. Similarly, in this context too, when once the mineral/metal is killed and made as *Bhasma,* it cannot be reversed back to mineral/metal. Generally, this word is translated as 'incerenation'. But, it is felt that 'killing' is the correct word and hence used.

धानम् ।

asma by baking.

समं त्रयम् ।

विनिक्षिपेत् ॥२७॥

यन्त्रगं पचेत् ।

न्धकं त्यजेत् ॥२८॥ [1] तदूध्वगं इति पा.

सर्वरोगहृत् ।

uddhasūtam samam trayam

ē kācakūpyām vinikṣipēt -27

dvālukā yantragam pacēt

'adūrdhva gandhakam tyajēt -28

'āhi syāt sarvarōgahrut

[1] *tadūrdhvagam - Variant reading*

he purified mercury are collected

rtar for one *yāma* (Three hours),

tainer, placed in a sand bath and

llowed to cool to the room tem-

ulphur deposited on the neck of

of mercury remaining at the bot-

vāhi and is capable of mitigating

of drugs. If a drug acts it self and also

t is mixed.

भस्मभेदाः ।

hasma by Colour

पर्ययम् ॥२९॥

रारुणम् ।

ikṣyē varṇa viparyayam -29

Raktam pītam tathā kruṣṇam nīlam ca pāṇḍurāruṇam

Due to the combination of various drugs, the *Bhasma* of Mercury will acquire different colours viz. Red, Yellow, Black, Blue and Pale red.

रक्त भस्म - Red *Bhasma*

निर्गुण्डीरससंयुक्तं चपलेन समन्वितम् ।३०॥

रक्तवर्णं भवेद्भस्म दाडिमीकुसुमोपमम् ।

Nirguṇḍī rasa samyuktam capalēna samanvitam -30

Raktavarṇam bhavedbhasma dāḍimī kusumōpamam

The *Bhasma* of mercury made with the combination of juice of *Nirguṇḍi* (Vitex negundo) and *Capala* (a mineral - Bismuth/Selenium) will be red like the flower of Pomegranate.

पीत भस्म - Yellow *Bhasma*

भूधात्रीहस्तिशुण्डीभ्यां रसं गन्धं च मर्दयेत् ॥३१॥

काचकूप्यां चतुर्यामं पक्वः पीतो भवेद्रसः ।

Bhūdhātrī hastiśuṇḍibhyām rasam gandham ca mardayēt -31

Kācakūpyam caturyāmam pakvam pītō bhavēdrasah

The *Bhasma* of mercury made with the combination of juice of *Bhūdhātrīi* (Phyllanthus niruri), *Hastiśuṇḍī* (Heliotropium indicum Linn.) and purified sulphur will be yellow in colour. All these four to be ground and baked in a glass flask for 6 hours in sand bath.

कृष्णभस्म - Black *Bhasma*

सूतं गन्धकसंयुक्तं कुमारी रस मर्दितम ॥३२॥

कृष्णवर्णं भवेद्भस्म देवानामपि दुर्लभम् ।

Sūtam gandhaka samyutam kumārī rasa marditam -32

Kruṣṇavarṇam bhavēdbhasma dēvānāmapi durlabham

Purified mercury, purified sulphur & the jel of *Kumārī* (Aloe vera) mixed together and ground thoroughly to become a black

even for the Gods to obtain.

lue *Bhasma*

न्वितम् ॥३३॥

ाशनम् ।

rasakēna samanvitam -33

ma valīpalita nāśanam

ined with *Vidārī kanda* (Tuber of nineral - calamine - zinc carbon- edure is not given. Probably by *ma* will make the body free from

ile-red *Bhasma*

पाण्डुरारुणम ॥३४॥

m stātpāṇḍurāruṇam -34

ling little water and applied as a hich purified mercury is placed. (in sand bath). The *Bhasma* thus

रसमारणम् ।

aration of Mercury *Bhasma*

ैक भगिकः ।

स्मतां व्रजेत् ॥३५॥

मारयेद्रसम् ।

स्याद्गुणप्रदम् ॥३६॥

माष्टकं शनैः ।

। भस्मसूतकः ॥३७॥

itaścathaika bhāgikah

puṭanādbhasmatām vrajēt -35

a yadhēccham mārayēdrasam

Ēvam tāmrāhi vaṅgābhram māritam syadguṇapradam -36

Tadambu pūritē pātrē sthāpyam yāmāṣṭakam śanaih

Tyaktvā tōyam rasō grāhyah pātrasthō bhasmasūtakah -37

Take 20 parts of common salt, add one part of purified mercury, grind them in a mortar with pestle by adding *Kāñjika*- a fermented rice gruel. This mixture be burnt in a *puṭa* and obtain the *Bhasma*. This *Bhasma* is kept submerged in water for 12 hours in a vessal and water decanted. The *Bhasma* is dried and used.

Pure *Bhasmas* of Copper, iron, lead & black mica can be made with the combination of this *Bhasma* of Mercury.

अथान्य प्रकारः ।

Other processes

मूषाद्वयमपामार्गबीजचूर्णैः प्रकल्पयेत्

पारदं तत्पुटे कृत्वा मलपूरस मर्दितम् ॥३८॥

द्रोणपुष्प्याः प्रसूनानि विडङ्गमरिमेदकः ।

चूर्णमेषामधश्चोर्ध्वं दत्त्वा मुद्रां प्रकल्पयेत् ॥ ३९॥

विधाय गोलकं सम्यङ्मन्मूषा संपुटे क्षिपेत् ।

शोषयेन्मुद्रितं कृत्वा पचेद्वजपुटे ततः॥४०॥

पारदो भस्मतामित्थं पुटेनैकेन गच्छति ।

स्वाङ्गशीतं समुद्धृत्य सर्वकर्मसु योजयेत् ॥४१॥

प्रोत्तानखपरि चुल्ल्यां स्फटिकालेपिते क्षिपेत् ।

पुनर्नवारसे पक्को मर्दनान्म्रियते रसः ॥४२॥

Mūṣādvaya mapāmārgabījacūrṇah prakalpayēt

Pāradam tatpuṭē krutvā calapūrasa marditam -38

Drōṇpuṣpyāh prasūnāni viḍaṅga marimēdakah

Cūrṇamēṣāmadhaścōrdhvam datvā mudrām prakalpayēt -39

Vidyāya gōlakam samyagmrunmūṣā samputē kṣipēt

Śōṣayēnmuditam krutvāpacēdgajaputē tatah -40

Pāradō bhasmatamitham puṭē naikēna gacchati

Svāṅgasītam samuddhrutya sarvakarmasu yōjayēt -41

sphaṭikālēpitē kḍipēt
ḍanānmriyatē rasah -42

Apāmārga -Roughchaff plant water and make the powder into quired size and keep aside. Grind e of *Malapū* - Ficus hispida Linn. le. Close the crucible with the vith the same material. Take the s cephalatus spreng, seeds of , heart wood powder of *Arimēda* o a paste and apply thick on the cover them with the wet mud to ce this balls in another set of two airtight with mud. Dry in shade. a. Collect the *Bhasma* of mercury used in all preparations, where

vider mouthed earthen pot. Grind . Apply this paste inside the pot. *a* - Trianthema portulacastrum in l on fire till the juice evaporates. t sublimate. Collect when cool,

anding the original text viz.
ly while heating.
ed inside with Alum + water paste. Be
nthema, drop by drop while simultane-
e mercury disintegrates to powder.
ke a paste, keep in the pot coated with

मृतरस परीक्षा ।

Method of Testing the Mercury *Bhasma*

अतेजा अगुरुः शुभ्रो लोहहा चाऽचलो रसः ।
यदा नावर्तते वह्नौ नोर्ध्वं गच्छेत्तदा मृतः ॥४३॥

Atējā aguruh śubhrō lōhahā cā acalō rasah
Yadā nāvartatē vahnou nōrdhvam gacchēttadā mrutah -43

The *Bhasma* should not have lustre, light in weight, clean, motionless and capable of killing (making *Bhasma*) of metals. Should not sublimate when heated and shall remain as powder.

रसगुणाः ।

Properties of Mercury (*Bhasma*)

पारदः सर्वरोगघ्नो योगवाही सरो गुरुः ।
पाण्डुताकृमिकुष्ठघ्नो वृष्यो बल्यो रसायनः ॥४४॥

Pāradah sarvarōgaghnō yōgavāhi sarō guruh
Paṇḍutā krumi kuṣṭaghnō vruṣyō balyō rasāyanah -44

Bhasma of mercury is capable of mitigating/curing all diseases. *Yōgavāhi* - capable of spreading the therauptic actions of it and the drug with which it is combined instantly into the blood stream. It shall move freely. Promotes vigour and strength. It is a tonic. Cures anemia, bacterial & insecticidal infections and skin diseases.

जीर्णानां रसादीनामधिकगुणवत्त्वम् ।

Acquirement of better qualities when combined with others

सूतो धातुरसाः सर्वे जीर्णा जीर्णा गुणाधिकाः ।

Sūtō dhāturasāh sarvē jirṇā guṇādhikāh

The *Bhasma* of mercury when digested (assimilated) in a special process by the purified metals will have fortified therapeutics.

ग्य पात्राणि ।

oring *Bhasma* of mercury

ोत्साधित रसम् ॥४५॥

rakṣayētsādhitam rasam -45

ıall be kept in containers made of
es and bamboo.

षयोर्मानपरिभाषा ।

isons to be added in pills

ये रक्तिका ।

एयं स्वयम् ॥४६॥

iṣāṇāmapi raktikā
5 vidhirayam svayam -46

or poisons are the ingredients of
e not mentioned, they shall be 1/
'5 mgs. approx.) respectively.
ese quantities are for one dose (or the

विधिः ।

iistering *Bhasma* of Mercury

स्य हेतवे ।

यपूजनात्[१] ॥४७॥

[१] पूज्यपूजनादनन्तरं रसं सेवेतेत्यर्थः।

adārdhyasya hētavē
sēvēta pūjya pūjanāt[1] -47

[1]jyapūjanāntaram rasam sēvētētyarthah

priests & Gods, purify the body
ıssages etc., prescribed in *Āyurvēda*
in the prescribed dose suitable to

the age, disease etc. Prescribed diet shall only be taken during the treatment.

रसमात्रा ।

Dosage of *Bhasma* of mercury

वल्लमेकं नरेऽश्वे तु गद्याणं च गजे द्वयम् ।

दत्तः सूतो हरेद्रोगान् धातुयुग्वा निजौषधैः ॥४८॥

Vallamēkam narē aśvē tu gadyāṇam ca gajē dvayam
Dattah sūtō harēdrōgān dhātuyugvā nijouṣadhaih -48

The dosages are :-

For Humans - one *Valla* (360 mg.)

For Horses - One *Gadyāṇam* (48 rati = 6 gms.)

For Elephants - *Two Gadyāṇams* (12 gms.)

Rasa (mercury) *Bhasma* processed with other metals with suitable *anupāna* (vehicle) can mitigate all diseases.

रसविकृति लक्षणानि ।

Toxic / Allergic symptoms

रसस्य विकृतौ सत्यां मूर्च्छा हिक्का ज्वरोऽरतिः ।

कासः श्वासो भ्रमो मोहो दाहः कम्पश्च जायते ॥ ४९॥

Rasasya vikrutou satyām mūrcchā hikkā jvarō aratih
Kāsah śvāsō bhramō mōhō dāhah kampaśca jāyatē -49

If *Rasa Bhasma* is administered in the method other than the prescribed, will produce *Mūrcha* - epilepsy, *Hikka* - hiccoughs, *Jvara* - fever, *Arati* - restlessness, *Kāsa* - cough, *Śvāsa* - breathlssness/ asthma, *Bhrama* - delusion, *Mōha* - fainting, *Dāha* - thirst & *Kampa* - shaking of head etc.,

रसविकृति चिकित्सा - Antidotes।

तच्छान्त्यै बीजपूरस्य रसं शुण्ठीं च सैन्धवम् ।

पिबेद्वा गोजले सिद्धं मूलं कर्कोटजं शुभम् ॥५०॥

asam śunṭī ca saindhavam
nūlam karkōṭajam śubham -50
medica, *Śunṭhī* - Dry ginger pow-
ted together is to be given or the
root of male plant of Mimordica
cow's urine to be given.

फलम् ।
shiping Mercury
भक्तितः ।
वर्जितम् ॥५१॥
ijyatē bahubhaktitah
nādhivyādhi vivarjitam -51
od of Mercury (Lord *Śiva*) is wor-
wealth, free from psycho & so-

ां रससङ्केतकलिकायां प्रथमोल्लासः ॥१॥
ṇḍa krutāyām Rasa saṅkēta kalikāyām
mollāsah
apter) of *Rasa Saṅkēta Kalikā* written by
ng to *kāyastha* sect

योल्लासः ।
er Two
रूपणम् ।
tals & their *Bhasmas*

: षडीरिताः ।
तु कृत्रिमाः ॥१॥
इराः स्मृताः ।
ुप्रदांस्त्यजेत् ॥२॥

Hēma rūpyārka vaṅgāhi lōhairlōhah ṣaḍīritah
Akrutrimā imē ghōsāvartalkādyāstu krutrimāh -1
Śuddhā mrutā niruthāśca sarvarōgaharāh smrutāh
Aśuddhān hīnapākaśca rōgamrutyupradānstyajēt -2

Metals are of six varieties viz. Gold, Silver, Copper, Tin, Iron, & Steel. These are natural metals. Brass and *Āvartaka* -(an alloy of five metals) Bronze,copper, iron, brass and tin are alloys. It is said that the *Bhasmas* of these metals, purified, killed and that stood the tests prescribed are capable of curing all diseases. Those *bhasmas* made without the procedures laid down, will produce diseases and cause death at the end. Hence, such *bhasmas* are to be discarded.

रसव्यतिरेकेण धातुसारण निषेधः ।

Prohibiting killing of metals without Mercury

लोहं सूतयुतं दोषांस्त्यजेत्सूतश्च लोहयुक् ।
अतः स्वर्णादि लोहानि विना सूतं न मारयेत् ॥३॥

Lōham sūtayutam doṣānstyajētsūtaśca lōhayuk
Atah svarṇādi lōhāni vinā sūtam na mārayēt -3

If *Bhasmas* made in combination with mercury, the toxicity of metals is eliminated. Hence, all the metals like Gold etc., shall not be killed without the combination of *Rasa* (mercury) *Bhasma.*
NOTE: The celebrated text *Rasa Ratna Samucchaya* too specified that those *bhasmas* of metals are the best when made in combination with *Rasa bhasma.*

सुवर्ण भेदाः ।

Varieties of Gold

स्वर्णं पञ्चविधं प्रोक्तं प्राकृतं सहजाग्निजे ।
एतत्स्वर्णत्रयं दैवयोग्यं षोडशवर्णकम् ॥४॥
खनिजं रसवादोत्थं सुपत्रीकृत्य शोधितम् ।
तच्चतुर्दशवर्णाढ्यं मनुजार्हं रुजापहम् ॥५॥

Svarṇam pancavidham prōktam prākrutam sahajāgnijē
Ētatsvarṇa trayam daiva yōgyam ṣōḍaśa varṇakam -4

supatrīkrutya śōdhitam
manujarham rujāpaham -5

Prākruta & Sahaja. These two are
e which is born out of melting.
ouch and deserve use by Gods.
acted from the ore and the other
. These two are of 14 carat touch,
l and used for making *Bhasmas*
umans for mitigating diseases.

a, Sahaja & Agnija varieties of Gold are
English equivalent for both *Prākruta &*
occurs naturally due to vulcanic forma-
born out of fire or melting. Since the
e use of Gods, it is implied that they are

ोधनम् ।

on of Gold

ृसे शुचि । [१] ढाल्यं इति पा.

kāñcanāra rasē suci

[1] *Dhālyam* - variant reading

eets, heated red hot and quenched
ia purpuria Linn bark. This when
rified.

ारणम् ।

of Gold

षोडशांशकम् ॥६॥
च गोलकम् ।
प्याधरोत्तरम् ॥७॥
य प्रतापयेत् ।
स्मतां व्रजेत् ॥८॥

Suvarṇē galitē nāgam prakṣipēt ṣoḍaśāmśakam -6
Amlēna mardayitva tu krutvā tasya ca gōlakam
Gandhakam gōlakasamam vinikṣipyādharōtharam -7
Śarāva samputē krutvā sannirudhya pratāpayēt
Trimśadvanōtpalairagnou saptadhā bhasmatām vrajēt -8

Take Gold of required quantitiy and lead of 1/16 of the weight of Gold. Melt them seperately in crucibles. Mix them in molten condition. Allow the alloy to cool. Grind it with acidic group of drugs to make a lump/ball. Sandwich the ball in equal quantity of purified sulphur in powder form, in a crucible. Cover this crucible with another crucible and seal the joint air tight. Dry and burn it in 30 cow dung cakes. Allow it to cool, open the crucibles and collect the Gold mixture. If this is repeated for seven times, the Gold becomes *Bhasma*.

सुवर्ण गुणाः ।

Therapeutic Values of Gold *Bhasma*

तिक्तं कषायं ज्वरहृत्स्वादुपाकं बलावहम् ।
वयोधीकान्तिदं वृष्यं शोषालक्ष्मी विषापहम् ॥९॥

Tiktam kaṣāyam jvarahrutsvādu pākam balāvaham
Vayo dhī kāntidam vruṣyam śōṣālakṣmī viṣāpaham -9

Gold is bitter and astringent by taste. It is anti-pyretic, easily digestable and after digestion it turns to sweet taste. Promotes strength, wisdom and complexion. Arrests ageing, stimulates amorous desire, counteracts consumption, unhappiness & poisons.

रूप्य भेदाः ।

Varieties of Silver

कैलासे सहजं रूप्यं खनिजं कृत्रिमं भुवि ।
व्युत्क्रमेण गुणैः श्रेष्ठं नागोत्तीर्णं रसे हितम् ॥१०॥

khanijam krutrimam bhuvi
m nāgōttirṇam rasē hitam -10
bode of Lord *Śiva (Kailāsa)* is natu-
h is of two types - extracted from
ugh alchemical methods.

ोधनम् ।
on of Silver
चि
arṇavacchuci
urified with the juice of *śvētāgasti*
idiflora bark. The methods used
be applied to Silver too.

ारणम् ।
of Silver
मारणम् ।
त्वा क्षिपेत्रपु ॥११॥
māraṇam
āgam hitvā kṣipētrapu -11
asma in combination with sulphur
eliminating/removing the lead im-

गुणाः ।
es of Silver *Bhasma*
ापम् ।
am sarvāmayāpaham
improves semen, strength & hap-

मृत स्वर्णादि परीक्षा ।

Test for the *Bhasma* of Gold etc.

एतद्भस्माम्ल लिप्तोऽसिस्ताम्रवर्णस्तदा मृतिः ॥१२॥

Ētadbhasmāmla liptō asistāmra varṇstadā mrutih -12

The *bhasmas* of metals are said to be the best when ground with any one of the acidic drugs, turns to copper colour.

सुवर्ण रूप्याभावे कान्तलोहोपयोगः ।

Lodestone - the best alternative to Gold and Silver.

सुवर्णमथवा रूप्यं योगे यत्र न विद्यते ।
तत्र कान्तोद्भवं लोहं क्षेप्यं ज्ञैस्तत्समं गुणैः ॥१३॥

Suvarṇamathavā rūpyam yōgē yatra na vidyatē
Tatra kāntōdbhavam lōham kṣēpyam jnaistatsamam guṇaih 13

If Gold and Silver are not readily available, Lodestone can be used as it has the same therapeutic values.

ताम्र भेदाः ।

Varieties of Copper

व्यर्कौ नेपालम्लेच्छौ तु रसे नेपाल उत्तमः ।
घनघातसहः स्निग्धो रक्तपत्रोऽमलो मृदुः ॥१४॥
म्लेच्छस्तु क्षालितः कृष्णो रूक्षः स्तब्धोऽघनासहः ।
मिश्रितो नागलोहाभ्यां न श्रेष्ठो रसकर्मणि ॥१३॥

dvyarkō nēpāla mlēcchou tu rasē nēpāla uttamah
Ghanaghātasahah snigdhō raktapatrō amalō mrudu - 14
Mlēcchastu kṣālitah kruṣṇō rukṣah stabdhō aghanāsahah
Miśritō nāgalōhābhyām na śrēṣṭhō rasakarmaṇi - 15

Copper is of two types - *Nēpāla* (of Nepal origin) & *Mlēcha* (of Western origin). The former is the best. It is extreamly malleable & hence can be rolled into very thin sheets, smooth, free from impurities and soft. Copper of western origin reacts very quickly

rolled into sheets, cannot sustain
es of lead & iron and hence unfit

दोषाः ।
of Copper
साध्यते हि तत् ।
ष्टौ प्रकीर्तिताः ॥१६॥
ातश्च कामला ।
कथिता बुधैः ॥१७॥
ıtnatah sādhyatē hitam
imrē tyaṣṭou prakīrititāh -16
ıti stāpō vātaśca kāmalā
yaṣtou kathithā budhaih -17

e, it is to be purified, made into the
icinal purposes. Poison has only
ıer has eight bad qualities viz.
produces skin diseases
induces purging
induces vomitting
creates reeling sensation
warms the body
increases *vata*
produces jaundice and
kills at the end

urification of Copper
त्रं दृढाग्निना । [1] चाम्लै- इति पा
शतिधा शुचि ॥१८॥
hastāmra patram druḍhāgnina
ḍēka vimśatidhā śuci -18

[1] *cāmlai* - variant readin

Copper be rolled into sheets, boiled in cow's urine for one day, takenout and washed clean. This procedure to be repeated for 21 times when it gets purified.

Note: As per the variant reading of the text the copper be boiled in the juices of acidic group of drugs. This seems to be correct.

ताम्र मारणम्

Killing of Copper

पादं गन्धकं ताम्रं सममम्लेन [2]मर्दयेत् । [2] लेपयेत् पा.
जायते त्रिपुटाद्भस्म वालुकायन्त्रतो ऽ थवा ॥ १९॥
गन्धार्कौ व्येक भागौ च शरावसंपुटे पुटेत् ।
स्वाङ्गशीतं च संपेष्य खल्वे, वस्त्रेण गालयेत् ॥२०॥
सामुद्रं तत्समं कृत्वा पुनः पुटनमाचरेत् ।
तदेव तत्क्षये देयं सामुद्रं च पुनः पुनः ॥२१॥
कासीसस्य जलेनैव वारं वारं तु भावयेत् ।
चतुःषष्टि पुटैरित्थं निरुत्थं योगवाहिकम् ॥२२।
तत्ताम्रं सौरणे कन्दे पुटेत्पञ्चामृते ऽ थवा ।
अष्टौ दोषांश्च पूर्वोक्तान् न करोति गुणावहम् ॥२३॥
हन्ति गुल्म क्षयाजीर्ण कास पाण्ड्वामय ज्वरान् ।
स्थौल्योदरे कफं शूलमूर्ध्वाधः शोधनं परम् ॥२४॥
Pāradam gandhakam tāmram samamamlēna [2] marditam
Jāyatē tripuṭādbhasma vālukā yantrō adhavā -19
Gandhakārkō dvyēka bhāgou ca śarāva sampuṭē puṭēt
Svaṅgaśītam ca sampēṣya khalvē, vastrēṇa gālayēt -20
Sāmudram tatsamam krutvā punah puṭana mācarēt
Tadēva tatkṣayē dēyam sāmudram ca punah punah -21
Kāsisasya jalēnaiva vāram vāram tu bhāvayēt
Catuhṣaṣṭi puṭai rittham niruttham yōgavāhikam -22
Tattāmram souraṇē kandē puṭētpṅcāmrute adhavā
Aṣṭou dōṣamśca pūrvōktān na karōti guṇāvaham -23

kāsa paṇḍvāmaya jvarān
nūrdhvādha śōdhanam param -24

[2] *lēpayēt* - variant reading.

opper are given.
ght) of purified, very thin copper
fied sulphur. Grind mercury and
black *"kajjali"*. Add lime juice,
sides of copper sheets, dry and
en crucibles. Repeat this for 3
can be baked in a sand bath also.
fied copper sheets cut into small
sulphur powder. Sandwich the
of two earthen crucibles and seal
cool, collect the copper pieces.
make fine powder duly sieving
ity of common salt to this powder
a crucible duly sealed. Collect
d the powder in *Kāsīsa* - Ferrous
ne reduced salt to make equal to
e process for 64 times by replen-
very time and collect the *bhasma*
cannot be made as copper metal
Again, this *bhasma* is to be sub-
kanda - Tuber of Amorphophallus
a. This final *bhasma* is the best
d qualities. This cures *Gulma*
e cough, anemia, fever, obesity,
n etc.. It also cleanes ailmentary
& downwards respectively. (It
vomitting or purging.)
neans five nectors when mixed together.
ne texts.
ilk, Honey and Sugar. This is called

Pancāmruta. This combination removes indigestion and evil effects. The second pentad is

1. *Gudūci* - Tinospora cordifolia
2. *Gōkṣhura* - Tribulus terrestris Linn.
3. *Musali* - Curculigo orchiodes Gaertn.
4. *Muṇḍika* - Sphaeranthus indicus Linn.
5. *Śatāvari* - Aspharagus racemosus Willd.

Though the first pentad is being used by most of the practitioners, it is felt that the second set of drugs are of better value and hence adoptable.

वङ्ग भेदाः।

Varieties of Tin

खुरकं मिश्रकं चेति द्विविधं वङ्ग मुच्यते ।
खुरकं तु गुणैः श्रेष्टं मिश्रकं न रसे हितम् ।।२५।।

Khurakam miṣrakam cēti dvividham vaṅga mucyatē
Khurakam tu guṇaih śrēṣṭam miśrakam na rasē hitam -25

Tin is of two varieties- *Khuraka* and *Miśraka*. *Khuraka* is the best and *Miśraka* is unfit for amalgamations with mercury.

NOTE: As the name indicates, *Miśraka* - mixture of metals, and hence, not useful for medicinal purposes.

वङ्गनागशोधनम् ।

Purification of Tin and Lead

कन्याभृङ्गरसे वङ्गनागौ शोध्यौ त्रिसप्तधा ।
अथवा ब्रह्मवृक्षोत्थे क्काथे निर्गुण्डिजेऽथवा ।।२६।।

Kanyā bhruṇga rasē vaṇga nāgou śōdhyou trisaptadhā
Athavā brahma vrukṣōtthē kvāthē nirguṇḍijē athavā -26

The molten Tin or Lead to be quenched in the juice of *Kanyā*-Aloes or *Bhriṅga* - Eclipta alba for 21 times, to purify them. or the juices of *Brahma vrikṣa (?)* or leaves of *Nirguṇḍi* - Vitex negundo can be used.

meanings for *Brahma vrikṣa* are 1. *Palāsa*
stya - Red flowered Sesbania grandiflora
correct, as the famous book on the subjec
it.

मारणम् ।

ng of Tin

स्थत्वचो रजः ।
र्या प्रचालयेत् ॥२७॥
ल्वे सतालकम् ।
गजपुटे पचेत् ॥२८॥
दशधा पुटेत् ।
मेहगदापहम् ॥२९॥
छागशकृद्युतम् ।
हन्ति विंशतिम् ॥३०॥

gē c iñaśvatha tvacō rajah
m lōhadarvyā pracālayēt -27
tatah khalvē s atālakam
bhyām mardyam gajapuṭē pacēt -28
dattvaivam daśadhā pūṭēt
tat pāṇḍu mēha gadāpaham -29
ātram chāga s akrudyutam
tanmēhān hanti vimśatim -30

of *Ciñca* - Tamarindus indicus an
al parts and mix them. The quantiti
lt the tin in a sturdy wide mouthe
th an iron pestle while continuous
vder mixture. By the time all th
becomes powder. Weigh it, whe
e powder of *Hari tālaka* - the yello
equal by weight of the prepared Ti
yellow orpiment into ten parts an

keep aside. Prepare the decoction of the bark of *Palāśa* - Butea monosperma. Extract the juice of any one or more of acidic group of drugs. Grind the Tin powder, with one part out 10 of yellow orpiment powder, decoction of *Palāśa*- Butea monosperma and the juices of acidic drugs till it becomes a paste. Make it a ball and subject it to a *puṭa* in a set of two earthen crucibles duly sealed. When cool, open and collect the Tin. Repeat this process for 9 more times, by then, all the 10 powders of yellow orpiment exhausts. Collect the Tin *Bhasma*, which is pure and *nirutha*. This cures anemia and all types of *Mēhās* (Urinary disorders).

Another simple method: Roll the tin as thin sheet. Cut into small pieces. Sandwich these pieces in dried goat's excreta in an earthen crucible and burn. The pieces of Tin swell and become brittle. Collect and grind them to make a fine *Bhasma*. This works on all the 20 types of *Mēha* - the urinary disorders.

नाग मारणम् - Killing of Lead

वङ्गवन्नागभस्मापि कृत्वाऽऽदौ तत्समां शिलाम् ।
क्षिप्त्वा तुषोदकैर्मर्द्यं दद्याद्गजपुटं ततः ॥३१॥
षष्ट्यंशं गन्धकं दत्त्वा पाच्यं षष्टिक पुटावधि ।
नाग भस्म निरुत्थं तत्वङ्ग भस्मगुणाधिकम् ॥३२॥

Vaṅgavannāga bhasmāpi krutvā adou tatsamām śilām
Kṣiptvā tuṣōdakairmardyam dadyadgajapuṭam tatah -31
Ṣaṣṭyamśam gandhakam dattva pācyam ṣaṣṭtika puṭāvadhi
Nāga bhasma nirutham tatvaṅga bhasma guṇādhikam -32

The procedure prescribed for Tin is adapted in this case too, but with different drugs as under:

Grind Lead pieces with equal quantity by weight of *Śilā* - Realgar (Red orpiment - Arsenic sulphide) and *Tanḍulōdaka* - Rice wash water. Subject it to a *Gajapuṭa* in sealed crucibles. Collect when cool and grind it with purified sulphur 1/6th by weight of Lead and subject it to *puṭa*. Repeat this with sulphur for five more

itity of sulphur reacts with Lead. will be a *nirutha Bhasma* and has Tin *Bhasma.*

ग गुणाः ।

nd Lead *Bhasmas*

मं गुणैः ।

रस्परम् ॥३३॥

rasabhasma samam guṇaih

yōjayēttat parasparam -33

nd Lead have equal therapeutic ce, can be used in place of *Rasa*

anza 3 above that mercury is to be killed lence, *Bhasmas* of metals have the mer- same therapeutic value of mercury due

भेदाः ।

s of Iron

भेदास्तस्य त्रयोदश ।

धं मुण्डमुच्यते ॥३४॥[1] कडारं इति पा.

र्तं बिडं तथा । [2] होन्नालं इति पा.

ड्विधं तीक्ष्णमुच्यते ॥३५॥

बिन्दुर्न, लिप्तो

क्ततां निम्बकल्कः ।

ां नैति भूमौ

ैर्नैव चान्यत् ॥३६॥

ामकं भ्रामकं तथा ।

ास्तस्योत्तरोत्तराः ॥३७॥

Mundam tīkṣṇam tathā kāntham bhēdāstasya trayōdaśa
Mrudu kuṇṭam ca [1]kāṇḍāram trividham muṇḍmucyatē -34
Kharasāram ca hōtrāsam [2]tārāvartam biḍam tathā
Kālalōham gajākhyam ca ṣaḍvidham tīkṣṇamuchyatē -35
Patrē yasminprasarati jalē tailabindurna, liptō
hiṅgurgandham visrujati nijam, tiktatām nimbakalkah
Pākē dugdham bhavati śikharākāratām naiti bhūmou
kāntam lōham tadidamuditam lakṣṇairnaiva cānyat -36
Kāntam lōham caturdhōktam rōmakam bhrāmakam tathā
Cumbakam drāvakam cēti guṇastasyōttarōttarāh -37

[1]*Kāṇḍāram* [2] *Hōnnānam* - Variant readings.

Iron is of 13 types in all. Chief among them are *Muṇḍa, Tīkṣṇa & Kāntha. Muṇḍa* is again is of three types viz. *Mrudu, Kuṇtham & kāṇḍāra. Tīkṣṇa* is of six types. viz. *Khara sāra, Hōtrāsa, Tārāvarta, Biḍa, Kāla lōha and Gajākhya,* The *Kāntha lōha* - Lodestone is the best of all. This *Kāntha lōha* is again divided into 4 varieties. *Rōmaka, Bhrāmaka, Cumbaka & Drāvaka.* These have better therapeutic values consecutively one over the other. So *Drāvaka* variety of Lodestone is the best.

Make a small container out of metal obtained from lodestone, fill it with water. Place a drop of oil. This will not spread as generally spreads on water. It remains as a drop. If a small quantity of asafoetida is kept in it, its' pungent smell is lost. Similarly, if a paste of neem leaf is kept in it, it looses its bitterness. If boiled in the container made of metal extracted from lodestone , the milk do not spilout, but raises like a cone upwards. Such metal of Lodestone is the best.

लोह शोधनं ।

Purification of Iron.

मुण्डादि सर्व लोहानि ताम्रवच्छेधयोत्सुधी : ।

vacchōdhayētsudhī

fied in the method prescribed for

क्रभेदाः।

Baking iron

ग्रः खरस्तथा ।

सदृशः खरः ॥ ३८॥

mrudurmadhyah kharasthathā

vai vālukā sadruśah kharah-38

ypes and they are *Mrudu* - soft, d *Khara* - Rough.

e mud is *Mrudu*. If the material is erial is like dry sand is *Khara*.

ces of drugs in sealed crucibles, it is not evaporated. Hence, three types of no-imum can be achieved only by experi-

रणम् ।

of Iron

तप्तं पुनः पुनः।

त्रैव शीर्यते ॥३९॥

तन्मर्दयेदृढम् ।

जिपुटान्मृतिः ॥४०॥

वा पुनः पुनः ।

गर्तके पुटेत् ॥४१॥

पद्मरागवत् ।

त्सव रोगहृत् ॥४२॥

फलजेऽथवा ।[1] तिन्दुमार्कटेफलजे इति पा.

त्रिसप्तधाऽऽतपे शोष्यं पेष्यं वारितरं भवेत् ॥४३॥

चिञ्चापत्रनिभं लोहपत्रं दन्तीद्रवे क्षिपेत् ।

घर्मे धृत्वा रसो देयो मृतं यावद्भवेच्च तत् ॥४४॥

मत्स्याक्षी रसमध्यस्थं लोहपत्रं विनिक्षिपेत् ।

त्रिंशद्दिनानि घर्मे तु ततो वारितरं भवेत् ॥ ४५॥

Lōha patram gandhaliptam prōktō vahnou taptam punah punah
Kṣipēnmīnākṣikā nirē yāvattathraiva śīryatē -39
Rasa hiṅgula gandhēna tulyam tanmardayēddrudham
Nirguṇḍī vruṣa matsyakṣī rasairgajaputānmrutih -40
Lōha cūrṇam varākvāthē piṇḍam krutvā punah punah
Ṣōḍśāṅgula mānē nirvāta gartakē puṭēt -41
Catuh ṣaṣṭiputērēvam jāyatē padmarāgavat
Niruthāmbutaram yōgavāhi rasātsarva rōgahrut -42
Jambū tvacā rasē [1]tindumārkanḍa phalajē athavā
Trisaptadhā ātapē śōṣhyam pēṣyam vāritaram bhavēt -43
Ciñcāpatranibham lōhapatram dantīdravē kṣipēt
Gharmē dhrutvā rasō dēyō mrutam yāvadbhavēcca tat -44
Matsyakṣī rasamadhyastham lōhapatram vinikṣipēt
Trimśaddinānī gharmē tu tatō vāritaram bhavēt -45

Iron is killed to make a *bhasma* by several methods. Five methods are detailed here.

First Method:

Hammer the iron to thin sheets. Grind sulphur with water and apply on them. Heat them to red hot in an open charcoal fire and quench in the juice of *Matyākṣi* - Alternanthera sessilis (Linn.)DC. This is repeated till the iron becomes sufficiantly brittle to be pounded to make powder. Take equal quantities of purified mercury, purified sulphur and purified *Hiṅgula* - Cinnabar. Make *kajjali* of mercury and sulphur. Add Cinnabar to it and grind again to a fine powder. Add the plant juices of *Nirguṇḍi* - Vitex negundo, *Vruṣa* - Adhatoda vasika, and *Matyākṣi* - Alternanthera

) a paste consistency. Make it a flat
'ajapuṭa.

:r in the process detailed above and
:e Myrobalans (Terminalia chebula,
)erry) to make a ball, keep in a cru-
a in a pit dug 16 inches below the
s off the fire away. Repeat this for
)mes *nirutha* and acquires the qual-
ıby colour. It cures all diseases.

le as per the first method above, is
f bark of *Jambu* - Syzygium cumini
' (Diospyros tomentosa Roxb. and
ssia angustifolia vahl. in the night
)eated for 21 times with each juice.
)laced with fresh juice every day.
luly grinding it to a fine & smooth
(that floats on water)

all thin pieces like tamarind leaves,
in the decoction of *Danti* - Jatropha
rittle and pounded to powder. This
:ury and baked in a *puṭa*. It becomes

)ieces like tamarind leaves by ham-
s of *Matyākṣi* - Altenanthera sessilis
ously as detailed. The iron pieces
ce, soaked in the night, dried in the
hed every day in the evening. This
called *Bhāvana*. At the end it is to
bhasma also becomes *vāritara* - that

मृतलोह परीक्षा ।

Tests for Iron *Bhasma*

लोहमध्वाज्यगं तारं ध्मातं चेत्पूर्वमानकम ।
तदा लोहं निरुत्थं स्यादन्यथा साधयेत्पुनः ।।४६।।

Lōha madhvājyagam tāram dhmātam cētpūrva mānakam
Tadā lōham nirutham syādanyathā sādhayētpunah -46

Loha - Iron *Bhasma* is to be weighed & ground in a mortar with equal quantity of Cow's Ghee & Honey. Add pure silver too. Keep in a open crucible and melt it on fire. The silver should get mixed with *lōha bhasma*. Remove from fire, allow it to cool to room temperature and *lōha bhasma* is weighed again. The *Bhasma* is considered as *nirutha* if the weight does not increase. If decreases or increases, it should be processed again till the *Bhasma* becomes *nirutha*.

मृतलोहस्यामृतीकरणम् ।

Process of making *Loha Bhasma* as Nectar

वराक्काथेऽष्टशेषे तत्तुल्यं धृतमायसम् ।
सिता लोहमिता ताम्रे पक्वं चामृतवद्भवेत् ।।४७।।

Varā kvāthē aṣṭasēṣē tattulyam ghrutamāyasam
Sitā lōhamitā tāmrē pakvam cāmrutavatdbhavēt -47

This process is called *Amrutikarana* in *Sanscrit* - it means - to make the *Lōha Bhasma* a nectar/ambrosia like medicament. This process is prescribed for *Bhasma* of Mica in the reputed book *Rasa Ratna Samuccaya* and not for *Loha Bhasma*. The author of this book applied to *Lōha Bhasma* too, which is unique. The proces is as under.

Prepare the decoction of Three myrobalans (Terminalia Chebula, Terminali bellarica and Gooseberry. Add *Lōha Bhasma*, Cow's Ghee and Sugar in equal parts. Cook it in a cleaned copper vessel till the water evaporates. Collect & dry till it is free from moisture. This *Lōha Bhasma* will be like ambrosia/nectar.

लोह गुणाः ।

Qualities of *Lōha Bhasma*

ग्रहणी पाण्डु शोफार्शोज्वर गुल्म प्रमेहकान् ।
हन्ति प्लीहामयं लोहं बल पुष्टि विवर्धनम् ॥४८॥

Grahaṇī pāṇḍu śōphārśo jvara gulma pramēhakān
Hanti plīhāmayam lōham bala puṣṭi vivardhanam -48

Bhasma of iron cures Dysentry, Anemia, oedema hemmorrhoids, fever, *Gulma* (Gustumour in the abdominal cavity, gaseous tumour), all types of *pramēhās* (anomalies of urinary secretion), enlagement of spleen and improves strength and vigour.

लोहसेवने अपथ्यानि ।

Dietary restrictions

कूष्माण्डं तिलतैलं च माषान्नं राजिकां तथा ।
मद्यमम्लरसं चैव त्यजेल्लोहस्य सेवकः ॥४९॥

Kūṣmāṇḍam tilatailam ca māṣannam rājikām tathā
Madyamamla rasam caiva tyajēllōhasya sēvakah -49

Kūṣmāṇḍa - Ash gourd (Benincasa hispida), *Tila tailam* - Sesame oil, *Māṣānnam* - foods made of Blackgram (Phaseulus radiatus), *Rājika* - Mustard seeds (Brassica juncea), *Madyam* - Liquour, *Amla rasam* - Citrus drinks are not to be consumed while taking *Lōha Bhasma*.

लोह किट्टम् ।

Iron Slag

गोमूत्रे त्रिफलाक्वाथे तप्तं शोध्यं त्रिसप्तधा ।
स्वर्णादि सर्वलोहानां किट्टं तत्तद्गुणावहम् ॥५०॥
किट्टाद्दशगुणं मुण्डं मुण्डात्तीक्ष्णं शताधिकम् ।
तीक्ष्णाल्लक्षगुणं कान्तं भक्षणात्कुरुते गुणम् ॥५१॥

Gōmūtrē triphalā kvāthē taptam śodhyam trisaptadhā
Svarṇādi sarva lōhānām kiṭṭam tattadguṇāvaham -50
Kiṭṭāddaśa guṇam muṇḍam muṇḍāttīkṣṇam śatādhikam
Tīkṣṇāllakṣa guṇam kāntam bhakṣaṇātkurutē guṇam -51

The slag of metals like Gold, iron, steel etc. are to be heated in a smelting furnace and quenched in urine of the cow and decoction of Three myrobalans (Terminalia chebula, Terminalia bellirica and gooseberry) seperately for 21 times. Such slags have the same therapeutic values as of their metals. Therapeutic value of the Iron is 10 fold that of slag, Steel is 100 fold that of iron and Lodestone is one lakh times that of Steel,

खर्पर मारणं गुणाश्च ।

Killing of *Kaphari* (Calamine) and its qualities

लवणान्तर्गतं भाण्डे सत्त्वं खर्पर संभवम् ।
मुखं रुद्ध्वा विपक्वं तन्म्रियते गजवह्निना ॥५२॥
मृतस्तु रसको रूक्षस्त्रिदोषघ्नो ज्वरापहः ।
योगवाह्यतिसारघ्नः क्लेदघ्नो विड्विबन्धकृत् ॥५३॥

Lavaṇāntargatam bhāṇḍe satvam kharpara sambhavam
Mukham rudhvā vipakvam t anmriyatē gajavahninā -52
Mrutastu rasako rūkṣa stridōṣaghnō jvarāpahah
Yōgavāhyatisāraghnah klēdaghnō viḍvibandhakrut -53

Calamine - Zinc corbonate is to be extracted from it's ore and if burnt in a *Gajaputa* sealed in an earthen pot filled with common salt, it becomes *Bhasma*. This normalises the three *dōṣās*, removes constipation and has the quality of *Rūkṣatva* (producing roughness to skin)

कांस्य पित्तलयोः शोधनं मारणं च ।

Purification & killing methods of Bronze and Brass

कांस्यपित्तलयोः प्रोक्ते ताम्रवच्छुद्धि मारणे ।

Kāmsya pittalayōh prōktē tāmravat suddhi māraṇē

Bronze and brass,these two alloys can be purified & killed on the methods stipulated for copper.

धातु भक्षण विकृति चिकित्सा ।

Antidotes for Toxic effects of *Bhasmas*

सिता गन्ययुता देया धातुभक्षणवैकृतौ ॥५४॥

Sitā gavyayutā dēyā dhātubhakṣaṇa vaikrutou -54

If toxic symptoms are found while consuming the *Bhasmas* of metals, Cow's ghee mixed with sugar is to be given to eat.

सुवर्णादीनां शीघ्रमारण प्रकारः ।

Quick process for killing metals

अथैकः पारदाद्भागो गन्धको द्विगुणस्ततः ।

तयोः समं सुवर्णादि निरुत्थं शीघ्रमारणम् ॥५५॥

Athaikah pāradādbhāgō gandhakō dviguṇastatah

Tayō samam suvarṇādi nirutham śīghra māraṇam -55

The processes given above for metals are laborius, time consuming & expensive. Hence the author gives quick, easy process of killing metals.

Make black *kajjali* of one part of purified mercury and two parts of purified sulphur. Sandwich the metal pieces in a sealed crucible and burn in a *puṭa*. By this process *Bhasmas* can be obtained with much lesser number of *puṭas*.

निरुत्थ धातु लक्षणम् ।

Test for *Nirutha Bhasma*

मध्वाज्य टङ्कणैर्गुञ्जा गुडाभ्यां मृतधातवः ।

ध्माता पिण्डीकृता नैव जीवन्ति ते निरुत्थकाः ॥५६॥

Madhvājya ṭaṅkaṇairguñjā guḍābhyām mruta dhātavah

Dhmātā piṇḍīkrutā naiva jīvanti tē niruthakāh -56

As a already stated above, a *bhasma* is treated as *nirutha bhasma*, when it cannot be made into the metal again. The author gives a test. This test was given in *Rasa ratna samuchaya* too.

Grind the *Bhasma* with *Mitra Pañcaka* - Ally pentad, they being, *Madhu* -honey, *Ājya* - cow's ghee, *Ṭaṅkaṇa* - borax, *Gunjā* - seed kernal of Abrus pecatorius and *Guḍa* - jaggary (molesus). Burn this paste in an open crucible. If it, do not become metal, it is *nirutha Bhasma* and can safely be administered internally.

धातूनां निरुत्थीकरणम् ।

Process for making *Nirutha bhasma*

सगन्धश्चोत्थितो धातुर्मर्द्यः कन्यारसे दिनम् ।

पक्वो गजपुटादित्थं सर्वो याति निरुत्थताम् ॥५७॥

Sagandhaścōthitō dhāturmardyah kanyārasē dinam

Pakvō gajapuṭādittham sarvō yāti niruthatām -57

If there is doubt, the *bhasma* is again burnt in a *puṭa* after grinding thoroughly with the juice of *kumārī*- Aloes and sulphur in a sealed crucible. It becomes *nirutha*.

अभ्रक भेदाः।

Varieties Mica

पीतं सितासितं रक्तमेकैकं [1]खं चुतुर्विधम् । [1] खमिति अभ्रकमित्यर्थः

पिनाकं दर्दुरं नागं वज्रं चाग्नौ परीक्षयेत् ॥५८॥

न पत्राणि न शब्दांश्च कुर्यात्तद्वज्र संज्ञकम् ।

Pītam sitāsitam raktamēkaikam [1]kham caturvidham

Pināka darduram nāgam vajram cāgnou parīkṣayēt -58

Na patrāṇi na śabdāmśca kuryāttadvajra sajnakam

[1] khamiti abhrakamityarthah

Mica is of four varieties by color- yellow, white, black and red. They are also identified by their inherent qualities. They are *Pināka, Dardura, Nāga, and Vajra*. These are identified by heating in a furnace. If the mica is not seperated as leaves and no sound is produced on heating, it is *Vajra* - the Diamond. Rest three are

treated as slags. The *Vajrābhraka* - Diamond variety of Mica yields mercury like metal when treated in stipulated methods.

NOTE: Black mica is considered as the best and is being used in preparation of *Bhasma* & medicines. Identification of the other three types of mica are given in other texts, which were not repeated by the author here, perhaps since they are of no use for medicinal use.

अभ्रक मारणम् - Killing of Mica

तत्सत्त्वं विधिवद्ग्राह्यं शोध्यं मार्यं च लोहवत् ।
सत्त्वाभावे तु निश्चन्द्रं रसेष्विष्टं तदुच्यते ॥६०॥
धान्याभ्रं मेघनादैझषनयनजलैर्जम्भलैष्टङ्कणेन
खल्वे संमर्द्य गाढं तदनु गजपुटान् द्वादशैवं प्रदद्यात् ।
मीनाक्षीभृङ्गतोयैस्त्रिफलजलयुतैर्मर्दयेत्सप्तरात्रं
गन्धं तुल्यं च दत्त्वा प्रवरगजपुटात्पञ्चतां याति चाभ्रम् ॥६१॥
मृतं निश्चन्द्रतां यातमरुणं चामृतोपमम् ।
सचन्द्रं विषवज्ज्ञेयं मृत्युकृव्याघ्ररोमवत् ॥६२॥

Tatsatvam vidhivadgrāhyam śōdhyam māryam ca lōhavat
Satvābhāvē tu niścandram rasēṣviṣṭam taducyatē -60
Dhanyābhram mēghanādairjhaṣa nayana jalai
rjambhalaiṣṭaṅka ṇēna khalvē sammrdya gāḍham tadanu
gajapuṭāndvādaśaivam pradadyāt
Mīnākṣī bhruṅgatōyai striphalajalayutairmardayēt saptarātram
gandham tulyam ca datvā pravara gajapuṭātpañcatām
yāti cābhram -61
Mrtutam niścandratāyātamaruṇam cāmrutōpamam
Sa candram viṣavajjnēyam mrutyu kruvdvyāghra rōmavat -62

The best way is to obtain the *Satva* - the principle ingredient or the extract of Mica, and kill it as of the *Lōha Bhasma*. If the extract is not available, the mica that was made to loose its' shining is to be used. The procedure is as under.

The mica is seperated into sheets and pounded to make small pieces. These pieces are to be mixed with Rice grains, packed

in a gunny bag and rubbed vigorously. The mica is thus ground as course powder and drops down, sieved through the pores of the gunny bag. Collect this powdered mica. This is called *Dhanyābhraka* as it was made as powder with the help of *Dhānya* - foodgrains. This powder is then ground with the juices of -

Mēghanāda	-	Amaranthus compestris
Jhaṣanayana	-	Altenanthera sessilis
Jambhala	-	Sour orange or Sour lime and
Ṭaṅkaṇa	-	Borax powder

and made into paste. This is to be burnt in a sealed crucible in a *Gajapuṭa*. Collect when cool. Repeat this process for 12 times.

OR

The powdered mica is ground with the juices of *Mīnākṣi* - Altenanthere sessilis, *Bhriṅga* - Eclipta alba & decoction of *Triphala* - Three myrobalans for seven days continuously and then add sulphur of equal quantity by weight of mica. Grind well and burn in a *puṭa*. Repeat this for 5 times. Then the mica looses its lustre and becomes light red coloured *bhasma*. It is to be noted that mica with lustre is poison. It kills like tiger hair when swallowed.

NOTE: Test for *Niścandrika* - lustre free mica. Take a pinch of *bhasma* between the thumb and point finger, rub and look under bright light for minute shining particles. If not found, it is treated as lustre free - *Niścandrika bhasma*.

मृताभ्रकस्यामृतीकरणम् ।

Process of making Mica *Bhasma* as Nectar

वराम्बु गोधृतं चाभ्रं कलाषड्दिक्क्रमांशकम ।
मृद्वग्निना पचेल्लोहे चामृतीकरणं भवेत् ॥६३॥

Varāmbu gōghrutam cābhram kalāṣaḍ dik kramāmśakam
Mrudvagninā pacēllōhē cāmrutīkraṇam bhavēt -63

Decoction of three myrobalans	- 16 parts
Cow's Ghee	- 6 parts
Bhasma of Black mica	- 4 parts

Boil these in an iron vessel till water evaporates, dry and preserve. This is the Nectarial process of mica..

मृताभ्र गुणाः ।

Properties of *Bhasma* of Mica

वयस्तम्भकारी जरामृत्युहारी बलारोग्यधारी महाकुष्टहारी ।
मृतो [1]मेघकः सर्वरोगेषु योज्यः सदा सूतराजस्य वीर्येण तुल्यः ॥६४॥

[1] मेघः अभ्रकं, अभ्रके मेघशब्दप्रयोगो यथा रसहृदयतन्त्रे - बहु गम्भीरं ध्मतो वर्षति मेधः सुवर्णधाराभिः (अवबोधः) इति।

Vayakrutstambhakārī jarāmrutyuhārī balārōgdyadhārī
mahākuṣṭahārī
Mrutō [1]mēghakah sarvarōgēṣu yōjyah sadāsūtarājasya
vīryēṇa tulyah -64

[1] Mēghah Abhrakam, Abhrakē mēgha śabdha prayōgō yathā Rasa hrudaya tantrē - bah gambhīram dhmatō varṣati mēghah suvarṇdhārābhih (4 Avabodha) iti.

Mica *Bhasma* stops aging process, old age and death. Pro motes strength and health. Cures dreaded skin diseases and i indicated in all diseases. It is equivalent to Mercury.

Note: The word *mēgha* is a synonym for mica as well as the cloud In the famous book on alchemy - *Rasa hridaya tantra* this word *mēgh* is used to denote the greatest importance as of a cloud. When th cloud is heated (as a matter of fact-cooled) it rains. Similarly whe the mica is melt, it flows Golden drops.

अभ्रक सेवने वज्यानि ।

Dietary restrictions while taking *Abhraka bhasma*

क्षाराम्लं द्विदलं वर्ज्यं कर्कोटं कारवेल्लकम् ।
वृन्ताकं च करीरं च तैलं चाभ्रकसेवने ॥६५॥

Kṣārāmlam dvidalam varjyam karkōtam kāravēllakam
Vruntākam ca karīram ca tailam cābhraka sēvanē -65

Kṣāra -Salt, *Amla* - Citrus fruits and foods made o *Dvidaḷam* - pulses, *Karkōṭam* - fruits of Momordica dioic *Kāravēllakam* - Mimordica charantia Linn. *Vrintākam* - brinja *Karīram* - Sprouts of bamboo, *Tailam* - Seasame seed oil, a forbidden when consuming *Bhasma* of Mica.

इति श्रीकायस्थ चामुण्डकृतायां रससङ्केतकलिकायां द्वितीयोल्लासः ।

Iti śrī kāyastha cāmuṇḍa krutāyām Rasa saṅkēta kalikāyām dvitīyōllāsah

This is the end of the Second *Ullhāsa* (chapter) of *Rasa Saṅkēta Kalikā* written by *Cāmunda* belonging to *Kāyastha* sect.

अथ तृतीयोल्लासः ।

The Third Chapter

गन्धकादीनां संशोधन प्रकारः ।

Purification processes of Sulphur etc.

गन्धं विषादि नेपालं गोदुग्धेऽध शिलाजतु ।
गोमूत्रेण च तालाद्यं शङ्खाद्यमम्लतः शुचि ॥१॥

Gandham viṣādi nēpalam gōdugdhē adha śilājatu
Gōmūtrēṇa ca tālādyam śaṅkhādya mamlatah śuci -1

Sulphur, Poisons & Croton seeds get purified with Cow's Milk and *Śilājit* (Mineral pitch or bitumen) with Cow's Urine. Yellow Orpiment like minerals and Counch shell like Calcium products get purified with acidic material.

Note: Poisons are divided into three main groups in Ayurveda, Vegetable and of animal origin. Arsenics are mineral poisons.

विषमारणं ।

Killing of Poisons

रसेषूक्तं विषं ग्राह्यं तुल्यटङ्कण पेषितम् ।
तन्मृतं योगवाहि स्यात् सूताभ्रायःसमं गुणैः ॥२॥
नीलकण्ठाख्यमन्त्रेण विषं सप्ताभिमन्त्रितम् ।
औषधे च रसे चैव दातव्यं हितमिच्छता ॥३॥
ॐ ह्रीं प्रों श्रीं ठः श्रीनीलकण्ठाय नमः । इति मन्त्रः ॥

Rasēṣūktam viṣam grāhyam tulya ṭaṅkaṇa pēṣitam
Tanmūlam yōgavāhi syāt sūtābhrāyah samam guṇaih -2

Nīlakaṇṭhākhya mantrēṇa viṣam saptābhimantritam
Ouṣadhē ca rasē caiva dātavyam hitamicchatā -3
Ōm hrīm prōm śrīm ṭhah śrī nīlakaṇṭhāya namah - iti mantrah

When poisons are to be added to medicines, they are to be ground adding half the quantity of Borax to remove their toxicity and to make it *Yōgavāhi,* like that of mercury and Mica. Poisons duly purified be given after chanting the hymn seven times - *Ōm hrīm prōm śrīm ṭhah śrī nīlakaṇṭhāya namah*

NOTE: The word *viṣa* is generally meant for Aconite in texts of *āyurvēda* . No text except *Ayurvēda Prakāśa* has stipulated *Māraṇa* - Killing process to vegetable poisons like aconite etc.. Further, as per the accepted norms, metals/minerals are killed and made as *bhasmā s*, in methods they cannot be revived back to metals/minerals.

विष गुणाः - Qualities of poisons

नानारसौषधैर्ये तु दुष्टा यान्तीह नो गदाः ।
ते नश्यन्ति विषे दत्ते शीघ्रं वातकफोद्भवाः ॥४॥

Nānā rasouṣadhairyē tu duṣṭā yāntīha nō gadāh
Tē naśyanti viṣē dattē śighram vātakaphōdbhavāh -4

Where diseases are not cured by herbal and mercurial/ mineral medicines, poisons give instant results in *vāta & kapha* disorders.

विष मात्राः ।

Dosage of poisons

श्रेष्ठ मध्या वरा मात्रा अष्ट षट्क चतुर्यवाः ।

Śrēṣṭa madhyā varā mātrā aṣṭa ṣaṭka caturyavāh

Dose of Eight grains is the best, six grains is the average and four grains is less.

Note: The author of *Ayurvēda Prakāśa* had stipulated the dosage of gingely seed. When compared to this, the above dose of 4 grains (of barley) seems

to be on higher side. Lethal doses of different poisonous drugs of *Ayurvēda* are to be studied in comparison.

अतिमात्र भुक्त विषप्रतीकारः ।

Antidotes for Toxicity of poisons

अतिमात्रं यदा भुक्तं तदाऽऽज्यटङ्कणे पिबेत् ॥५॥
रजनीं मेघनादं वा सर्पाक्षीं वा घृतान्विताम् ।
लिहेद्वा मधु सर्पिभ्यां चूर्णितामर्जुनत्वचम् ॥६॥

Atimātram yadā bhuktam tadā ājya ṭaṅkaṇē pibēt -5
Rajanīm mēghanādam vā sarpākṣī vā ghrutānvitam
Lihēdvā madhusarpibhyām cūrnitā marjunatvacam -6

Toxic symptoms of poisons when taken in excess than the prescribed can be remedied by administering *Ṭaṅkaṇam* - purified borax with *Ājya* - Cow's ghee OR juice of *Mēghanādam* - Amaranthus campestria with *Rajani* - Turmeric powder OR root powder of *Sarpākṣi* - Orphiorrhiza mungos Linn. with or without cow's ghee OR *Arjuna* - Bark powder of Terminalia arjuna with cow's ghee and honey.

विषानर्हा ।

Contra-indications

न देयं क्रोधने क्लीबे पित्तार्ते राजयक्ष्मिणि ।
क्षुत्तृष्णाभ्रम घर्माध्व सेविने क्षीणरोगिणे ॥७॥
गुर्विणी बाल वृद्धेषु न विषं राजमन्दिरे ।

Na dēyam krōdhanē klībē pittārtē rājayakṣmiṇi
Kṣuttruṣṇābhramagharmādhva sēvinē kṣiṇa rōgiṇē -7
Gurviṇī bāla vruddhēṣu na viṣam rāja mandirē

The poisons are contraindicated to those inflammed with anger, impotents, *pitta* dominated patients & patients of consumption, those hungry, thirsty; having reeling sensation, those work in hot sun, alcoholics, emaciated, teachers, children, aged and princely members.

विष योग्याः ।

Indications

रसायनरते दद्याद्घृत क्षीरहिताशने ॥८॥

Rasāyana ratē dadyadghruta kṣira hitāśanē -8

Poisons can be administered to those taking *Rasāyana* rejuvenators and those who have liking to *Dadhī* -Curds, *Ghrita* - ghee and *Kṣira* - Milk.

उपविषाणि ।

Semi poisons

लाङ्गली वज्रि हेमार्कहयारि विषमुष्टिकाः ।
एतान्युपविषाण्याहुः शस्तानि रसकर्मणि॥९॥

Lāṇgalī vajrī hēmarka hayāri viṣa muṣṭikāh
Ētānyupa viṣāṇyāhuh śastāni rasakarmaṇi -9

1. *Lāṅgalī* - Tuber of Gloriosa superbaLinn
2. *Vajrī* - Latex of Euphorbia nivulia
3. *Hēma* - Seeds of Datura metal Linn.
4. *Arka* - Latex of Calotropis plants
5. *Hayāri* - Root of Nerium indicum and
6. *Viṣa muṣṭikā* - Seeds of Strychnos nuxvomica

These are the group of semi poisons used in mercurial preparations.

अहिफेनोत्पत्तिस्तद्गुणाश्च ।

Opium - Origin and properties.

समुद्रे मथ्यमाना तु वासुकेर्वदनाद्भृतः ।
फेनौघो व्याकुलत्वाच्च फूत्कारात्पतितः क्षितौ ॥१०॥
तेनाहिफेनमाख्यातं तिक्तं संग्राहि शोषणम ।
मोहकृच्छ्वास कासघ्नं सेवितं त्यक्तुमक्षमम् ॥११॥
श्लेष्महृद्वातकृद्युक्त्या युक्तं तदमृतंविषम् ।
वीर्यस्तम्भकरं नृणां स्त्रीणां सौख्यप्रदायकम् ॥१२॥

Samudrē madhyamānā tu vāsukērvadanāddrutah
Phēnoughō vyākulatvācca phūtkāratpatitah kṣitou- 10
Tēnāhiphēnamākhyātam tiktam sangrāhi śōṣaṇam
Mōhakrucchvāsa kāsaghnam sēvitam tvaktumakṣamam- 11
Ślēṣma hrudvāta krudyuktyā yuktam tadamrutam viṣam
Vīryathambhakaram nruṇām strīṇām soukhyapradāyakam

Gods & Demons churned the milky ocean using the *Mandhara* mountain as churner and the Great Celestial snake - *vāsuki* as rope. While churning, the snake *vāsuki* exhaled a foamy substance through it's mouth which was called *Ahiphēna* (snake's foam) - Opium. This is biter in taste, astringent and dries the watery content in the body. Induces swooning. Cures cough and breasthlessness (Bronchitis). Creates addiction if used for few days. Removes phelgm. Increases *Vāta*. If used properly in right dose, it acts as ambrosia and otherwise as poison. Opium delays ejeculation and hence promotes happiness in women.

भृङ्ग्युत्पत्तिः ।

Birth of Cannabis

पुरा देवैश्च दैत्यैश्च मथितो रत्नसागरः ।
तस्मादमृतमुत्पन्नं देवैः पीत न दानवैः ॥१३॥
तदा धन्वन्रेर्हस्तादमृतं पतितं भुवि।
तस्मिन् सर्पैर्लेह्यमाने दर्भैर्जिह्वा द्विधा कृता ॥१४॥
जिह्वासृग्विष संभूता सिद्धमूली महौषधी ।
सा चतुर्धा सिता रक्ता पीता कृष्णा प्रसूनकैः ॥१५॥

Purā dēvaiśca daityaiśca mathitō ratna sāgarah
Tasmādamrutamutpannam dēvaih pītam na dānavaih - 13
Tadā Dhanvantarērhastādamrutam patitam bhuvi
Tasmin sarpairlēhyamānē darbhairjimvā dvidhā kruta - 14
Jimhvāsrugviṣa sambhūtā siddhamūlī mahouṣadhī
Sā caturdhā sitā raktā pitā kruṣṇā prasūnakaih - 15

In olden days, when Gods and demons churned the ocean, the tresasure of precious stones, Amborisa was produced Gods drank it but not the demons. Drops of Ambrosia fell on a grass called *Darbha* - Imperitus cylindrica frp,on a grass called *Darbha* - Imperitus cylindrica.on a grass called *Darbha* - Imperitus cylindrica from the hands of Lord *Dhanvantari* while handing over the ambrosia. The serpants licked it and due to the sharp blades of the grass, the tongues spliced longitudinally. The poison of the serpant mixed with blood fell on the earth, from which a plant sprouted. This plant is called *Siddha mūli / Mahouṣadhi.* It is of four types having white, red, yellow & black flowers.

भृङ्गी गुणाः ।

Properties of Cannabis

आह्लादिनी बुद्धिरूपा योगे मन्त्रे च सिद्धिदा ।
सर्वरोगहरी कामजननी क्षुत्प्रबोधिनी ॥१६॥

Āhlādinī buddhirūpā yōgē mantrē ca siddhidā
Sarvarōga harī kāmajananī kṣutprabhōdinī - 16

It produces delight. It confers *yōga siddhi & Mantra siddhi* Cures all diseases. Promotes sex urge & increases hunger.

इति श्री कायस्थचामुण्डकृतायां रससङ्केतकलिकायां तृतीयोल्लासः ॥

Iti śri kāyastha cāmuṇḍa krutāyām Rasa saṅkēta kalikāyām trutiyōllāsah

This is the end of the Third *Ullhāsa* (chapter) of *Rasa Saṅkēta Kalikā* written by *Cāmuṇḍa* belonging to *Kāyastha* sect

अथ चतुर्थोल्लासः ।

The Fourth Chapter

अथ रसाधिकारः - Mercurial formulae

कियन्तो ऽप्यथ वक्ष्यन्ते रसाः प्रत्ययकारकाः ।
शास्त्रं दृष्ट्वा गुरोर्वक्त्रात् संप्रदायादथागताः ॥१॥

Kiyantō apyatha vakṣyantē rasāh pratyakārakāh
Śāstram druṣṭvā gurōrvaktrāt sampradāyādadhāgatāh - 1

Mercurial Formulae based on the Science, experience of the teacher and the tradition are being presented.

विषम ज्वरे शीतभञ्जि रसः।

Śītabhanjī Rasa

(The *Rasa* that defeats chills)

पारदो रसकस्तालस्तुत्थं गन्धक टङ्कणम् ।
सर्वमेतत्समं शुद्धं कारवेल्ल्या रसैर्दिनम् ॥२॥
मर्दयेत्तेन दिह्याच्च ताम्रपात्रोदरं घनम्
अङ्गुलार्धार्धमानेन तत् पचेत्सिक्ताह्वये ॥३॥
यन्त्रे यावत्स्फुटन्त्येव व्रीहयस्तस्य पृष्टतः ।
ततः सुशीतलं ग्राह्यस्ताम्रपात्रोदराद्बुधैः ॥४॥
तत्समं मरिचं दत्त्वा सर्वमेकत्र चूर्णयेत् ।
द्विगुञ्जं पर्णखण्डेन वातिके, पैत्तिके ज्वरे ॥५॥
गुञ्जैकं ससितं, दद्यात्त्रिगुञ्जं व्योषयुक्कफे ।
सन्निपाते ज्वरे देयो वल्लैकमार्द्रकद्रवैः ॥६॥
त्रिदिनैर्विषमं तीव्रमेक द्वि त्रि चतुर्थकम् ।
नाशयेच्छीतभञ्ज्याख्यो रसो रुद्रेण निर्मितः ॥७॥

Pāradō rasaka stālastutham gandhaka ṭaṅkaṇam
Sarvamētat samam śuddham kāravēlyā rasairdinam -2
Mardayēttēna dihyācca tāmrapātrodaram ghanam
Aṅgulārdhārdha mānēna tat pacētsikatāhvayē -3
Yantrē yāvatsphuṭantyēva vrīhayastasya pruṣṭatah
Tatah suśītalē grahyastāmrapātrōdarādbudhaih -4
Tatsamam maricam dattvā sarvamēkatra cūrṇayēt
Dviguñjam parṇakhaṇḍēna vātikē, paithikē jvarē -5
Guñjaikam sasitam, dadyāstriguñjam vyōṣayukkaphē
Sannipātē jvarē dēyō vallaikamārdraka dravaih -6
Tridinairviṣamam tīvramēka dvi tri caturthakam
Nāśayēcchita bhañjyākhyō rasō rudrēṇa nirmitah -7

Pārada - Purified Mercury
Rasaka - Calamine- Zinc corbonate
Tālaka - Yellow orpiment - Arsenic trisulphate
Tutham - Blue Vitreol - Copper Sulphate
Gandhaka - Sulphur
Ṭaṅkaṇam - Borax - Sodium pyroborate

Collect all the above drugs duly purified in equal parts. Prepare *kajjali* of mercury and sulphur. Then add one by one and grind well. Add the juice of *kāravēlla*- Momordica charantia leaves and grind for one day to make a paste. Take a very clean copper vessel and apply this paste 2mm. thick inside it. Dry and make the mouth airtight by applying the mud seal seven times. Keep the vessel on fire (furnace). Keep few grains of paddy over the vessel. Heat it till the grains break & swell like white flowers. Remove from the furnace and allow it to cool to room temperature. Open & collect the material inside along with any burnt copper particles. Grind it to a fine powder. Add equal quantity by weight of *Maricam* - black pepper powder and mix well in a mortar. This is called *Śītabhañj*

Rasa formulated by the *Rudra* himself.

Method of administration, Dose and indications:

1. In *Vāta* predominant fevers - 240 mg. to be chewed with *Parṇa khaṇḍa* - betel leaf.
2. In *Pitta* predominant fevers - 120 mg. with sugar
3. In *Kapha* predominant fevers - 360 mg. with *Trikaṭu cūrṇa* (Powders of Three pungents (Dry ginger, Long and black peppers mixed in equal parts)
4. In fevers where all the three *dōṣās* are vitiated (Typhoid fever ?)360 mg. with the juice of *Ārdraka* -Raw ginger.
5. In fevers which occur once in two, three & four days and in malarial fevers also the same dose etc. as above be adopted.

NOTE : Six types of formulae with this name are found in other texts. For details refer *Rasa yōga sāgara & Bhārata Bhaiṣajya Ratnākara.*

सन्निपातज्वरे चैतन्यभैरवः ।

Caitanya Bhairava Rasa in Typhoid fevers
(*Rasa* that brings action)

सूतं गन्धं शिलां तालं संमर्द्य निम्बुजैर्द्रवैः ।
लिप्त्वा तन्वर्कपत्राणि यन्त्रे भस्माभिधे क्षिपेत् ॥८॥
यामाष्टौ ज्वालयेदग्निं स्वाङ्गशीतं समुद्धरेत् ।
विषोषणं चतुर्थांशं दत्त्वा वल्लमिता गुटी ॥९॥
देवदाली रसैर्बद्धा रसश्चैतन्यभैरवः ।
दत्ताऽऽर्द्रकरसैः सर्वसन्निपातविघातकृत् ॥१०॥
भूमौ गतं विसंज्ञं च शीतार्तं तन्द्रितं नरम् ।
तत्क्षणाद्बोधयोद्दाहे कुर्याच्छीतोप चारकान् ॥११॥
वाराहच्छागमात्स्याश्वमायूरं पित्तपञ्चकम् ।
अनेन भावितश्छापि देयश्चैतन्यभैरवः ॥१२॥

Sūtam gandham śilam tālam samardya nimbujairdravaih
Liptvā tanvarka patrāṇi yantrē b hasmābhidhē kṣipēt -8
Yāmaṣṭou jvālayēdagnim svāṅgaśitam samuddharēt
Viṣōṣaṇam caturdhāmśam datvā vallamitā guṭī -9
Dēvadālī rasairbaddhā rasaścaitanya bhairavah
Dattā ārdraka rasai sarva sannipāta vighātakrut -10
Bhūmou gatam visajnam ca śītartam tandritam naram
Tatkṣaṇadbodhayeddāhē kuryācchītōpacārakān -11
Vārāha cchāga mātsyāśva māyūram pittapañcakam
Anēna bhāvitaścāpi dēyaścaitanya bhairavah -12

Sūtam - Purified mercury
Gandham - Purified sulphur
Śilā - Realgar - Red orpiment - Arsenic sulphide
Tālam - Yellow orpiment - Arsenic trisulphate

Collect all in equal parts. First make *kajjali* of mercury & sulphur as usual. Add others one by one duly powdered and grin well. Add *Nimbu* - Lime juice and grind for one or two days. Appl this paste on cleaned & purified thin sheets of copper and dr Seal them air-tight in a set of crucibles and dry. Take anothe earthen pot, fill it half with ash, place the sealed crucible and fi the rest with ash. Seal the mouth air-tight and dry. Burn this o furnace for 24 hours continuously. Allow it to cool at room tem perature. Open the seals and collect the medicine. Grind it to fine powder. Add 1/4th part of purified *Viṣa* - aconite, *Ūṣaṇa* black pepper powder and juice of *Dēvadālī* (?) and grind to pi consistancy. Roll into pills of 250 mg. Dry in shade and preserv

This is indicated in all *sannipāta* (Typhoid) fevers. Dosag One pill with the juice of *Ārdraka* - raw ginger. When the patient without any reflexes or when all the sensory organs fail, temper ture low, this drug brings the patient to consciousness and hence is named as *Caitanya bhairava*.

If on administration, burning sensation is felt, treat the patient with cold sponging, feeding with tender coconut water etc.

If *Pitta pañcaka* are added to this medicine, it is more efficacious. *Pitta pañcaka* - the liver pentad - The five livers (or gall bladders) are of *Varāha* - pig, *Chāga* - goat, *Matsya* - fish, *Asva* - horse and *Mayūram* - peacock,

NOTE: The word *Pitta pañcaka* is not found in dictionaries, whereas, livers of several animals are used in medicines. This set of five might be the author's experience.

सन्निपातज्वरे लघुसूतिकाभरणो रसः ।

Laghu sūcikābharaṇa Rasa for Typhoid fevers

विषं रसं क्लैकांशं काचलिप्तशरावके ।
रुद्वा चुल्ल्यां मन्दवह्नौ पचेद्यामद्वयं ततः ॥१३॥
स्वयं शीतं च गृह्णीयादुपरिष्टाच्छरावकात् ।
वायुवर्जं क्षिपेत्कूप्यां सन्निपातेऽहिदष्टके ॥१४॥
सूच्यग्रेण च दातव्यः क्षणाज्जागर्ति मानवः ।
नो चेत्तालुप्रदेशे च क्षुरक्षुण्णे प्रचारयेत् ॥१५॥

Viṣam rasam kalaikāśam kācalipta śarāvakē
Rudhvā culyām mandavahnou pacēdyamadvayam tatah -13
Svayam śitam ca gruhṇiyāduparisṭā ccharāvakāt
Vāyu varjam kṣipētkūpyām sannipātē ahidaṣṭakē -14
Sūcyagrēṇa ca datavyah kṣaṇāñjāgarti mānavah
Nō cēttālu pradēśē ca kṣurakṣuṇṇē pracārayēt -15

Viṣam - Powder of the purified tubers of Aconite -16 parts.
Rasam - Purified mercury - 1 part

Grind both in a mortar till mercury is mixed thoroughly. Take a set of two identical crucibles in which glass like coating is done inside. Keep the mixture, seal airtight & dry. Keep on the fire

place and bake on slow fire for 6 hours. When cool, open the crucibles carefully and collect the *Rasa bhasma* deposited on the inside top crucible. Preserve this *Rasa bhasma* in an airtight bottle. This is administered in *sannipātaja jvara* (Typhoid fever) & Snake bites by making a minute incision on the cheek and introducing this medicine. The dose is as much as the eye of a small sewing needle can accommodate. After introducing this medicine, mild massage to be done to hasten up the medicine to get into blood stream. The patient gets into conciousness instantly.

NOTE: There are 21 formulations on this name in different texts. This is shortened formula. Some texts say that cold sponging to be done, if temperature of the patient raises after the administration of this medicine.

नवज्वरे शीघ्रज्वरारि रसः ।

Śīghra Javarāri Rasa

(The *Rasa* that mitigates the fevers)

[१] रसगन्धकनेपाला वृद्ध्या दन्त्यम्बुमर्दिताः ।[१] रसहिङ्गुल नेपाला -इति पा।

द्वा[ै] यामौ ज्वरनाशाय गुञ्जैका सितया सह ॥१६॥

[1]Rasagandhaka nēpālā vruddhyā dantyambu mardita

Dvou yāmou jvaranāśaya guñjaikā sitayā saha -16

[1]Rasa hiṅgula nēpala - Variant reading

Rasa -Purified mercury - 1 part
Gandhaka - Purified sulphur - 2 parts
Nēpāla - Purified Croton seeds-3 parts

As usual, *kajjali* of mercury and sulphur is prepared and then purified croton seeds added along with the decoction of roots of *Danti* - Baliospermum axillare Blume, ground to pill consistancy, pills of 120 mg. rolled, dried in shade and preserved.

Dose: 1 pill with *Sitā* - Sugar candy powder.

This induces purging and then reduces the fever of recent origin.

NOTE: As per the variant reading of the text, sulphur is to be replaced by *Hiṅgula* - Cinnabar .

चातुर्थिकज्वरे चातुर्थिकाकिर रसः ।

Caturdhikāri Rasa in Quartan fevers

पुरं टङ्कणं कृष्णधूर्तबीजाष्ट वल्लकम् ।
पालिकात्रितयं देयं चातुर्थिकज्वरापहम् ॥१७॥
ज्वरागमन वेलायां शीतवारि चतुर्घटैः ।
शिरोऽभिषिञ्च्य दातव्यं पथ्ये क्षीरं सशर्करम् ॥१८॥

Puram ṭaṇkaṇam kruṣṇadhūrta bījāṣṭa vallakam
Pālikā tritayam dēyam cāturthika jvarāpaham -17
Jvarāgamana vēlāyām śītavāri caturghaṭaih
Śirō abhiṣiñcya dātavyam pathyē kṣiram saśarkaram -18

Puram - Guggul resin (Commiphora weittii) - 6 gms.,
Krishṇa dhūrta bījam - Seeds of black Datura plant (Datura metal Linn.). Both ground well and administered in quartan fever (that occur for every four days).

Procedure of administration: Soon after the patient feels the onset of fever, 4 pots of cold water be poured continuously over his head in sitting posture. Milk with sugar be given to drink and this medicine administered.

Dose: The word *Pālikā tritayam* of the original sanscrit text could not be deciphered. *tritayam* means a group of three and the meaning of *Pālikā* is not found in the dictionaries. In any case, this is the term used for the dosage. Hence, it is better to give less than the lethal dose of Datura Seeds.

Though all the formulae of this book are included in *Rasayōga sāgara* or *Bhārata Bhaiṣajya Ratnākara*, astonishingly, this recipe in particular is not found in the both, at the relavant place. Perhaps could have been included elsewhere under some other name. Had it been located, the opinion of the translators could have been helpful.

सर्वज्वरे अर्धनारीनटेश्वरो रसः ।

Arthanāri naṭēśvara Rasa for all fevers.

(*Artha nṛi* means half woman. *Naṭēvara* is an epithet of Lord *Śiva* in dancin pose. Lord *Śiva* is known for having given half of his body to his consor *Pārvati*. Hence, his body is depicted as half *Śiva* and half *Pārvati*. and this *Rasa* i named after that Lord *Śiva*. This has been symbolised by that name as this cure one sided fevers.)

निम्बबीजं शिलाऽजाजी धूमः कृष्णा समांशकम् ।
कारवेल्ल्या रसैर्भाव्यमेकविंशति वारकान् ॥१९॥
यत्पार्श्वतोऽञ्जयेन्नेत्रे ज्वरं तत्पार्श्वजं जयेत् ।
अर्धनारीनटेशाह्वो रसः कौतुककारकः ॥२०॥

Nimbabījam śilā ajāji dhūmah kruṣṇā samāmśakam
Kāravēlyā rasairbhāvya mēkavimśati vārakān -19
Yatpārśvatō ñjayē nnētrē jvaram tatpārśvajam jayēt
Ardhanāriśvari naṭēśāhvō rasah koutuka kārakah -20

Nimba bījam - Kernels of neem seeds.
Śilā - Realgar
Aāji - Cumin seeds
Dhūma - Kitchen soot
Kriṣṇa - Long pepper

All powders in equal parts, ground, macerated in *Kāravēlla* Momordica charantia Linn. - the bittergourd leaf juice for 21 tim and used as collyrium to treat fevers. If used on right eye the fev occuring on the right side vanishes. Similarly, if used on left e the fever occuring on left side vanishes.

NOTE:

1. Practioners of yester years, say that fever on one side occurs rarely, in whi case this medicine may proove useful or other wise, the medicine is to be appli on both the eyes.
2. As specified in the text, the powders of the drugs are to be soaked in the ju of *Kāravēlla* - Momordica charantim leaves over night, dried in the sun in t day , ground in the evening and again soaked/macerated in the juice. This pr ess is called *Bhāvana* in Ayurveda. This is to be repeated for 21 times in thi case.

ज्वरातिसारे हेमसुन्दररसः ।

Hēmasundara Rasa in Diarrhoea in fevers
(The *Rasa* which is beautiful like Gold)

हिङ्गुलं मरिचं गन्धं पिप्पली टङ्कणं विषम् ।
कनकस्य तु बीजानि समांशं विजयारसैः ॥२१॥
मर्दयेद्यामामात्रं तु चणमात्रा वटी कृता ।
ज्वरातिसारं ग्रहणीं नाशयेद्धेमसुन्दरः ॥२२॥

Hiṅgulam maricam gandham pippalī ṭaṅkaṇam viṣam
Kanakasya tu bījāni samāmśam vijayārasaih -21
Mardayē yāma mātram tu caṇamātrā vaṭi krutā
Jvarātisāram grahaṇim nāśayēddhēma s undarah -22

Hiṅgulam - Cinnabar
Maricam - Black pepper
Gandham - Sulphur
Pippali - Long pepper
Ṭaṅkaṇam - Borax (Purified - dehy:'rated)
Viṣam - Aconite (Purified)
Kanaka - Seeds of Datura metal

All Powders in equal parts be ground in the juice of *Vijaya* - Cannabis sativa and made into pills of size of the *cana* - Seed of Cicer arietinum Linn. This is indicated in Diarrhoea in fevers and chronic diarrhoea.

ग्रहण्यामर्कलोकेश्वरो रसः ।

Arka Lōkēśvara Rasa in Dysentary

शुद्धसूतं पलं चार्कक्षीरैर्मर्द्यं पुनः पुनः ।
द्विपलं शुद्धगन्धस्य महाकम्बु पलाष्टकम् ॥२३॥
उभे वह्निरसैर्भाव्ये पेष्ये शोष्ये दिनत्रयम् ।
मेलयेत्पूर्वसूतेन तदर्द्धं टङ्कणं क्षिपेत् ॥२४॥

अर्कक्षीरैः पुनः सर्वं यामैकं मर्दयेद्दृढम् ।
तच्छुष्कं चूर्णलिप्तेऽथ भाण्डे रुद्वा पुटे पचेत् ॥२५॥
चतुर्गुञ्जामितं खादेन्मरिचाज्येन संयुतम् ।
देयं दध्योदनं पथ्यं विजया सगुडा निशि ॥१६॥
ग्रहणीदोषनाशार्थं नास्त्यनेन समं भुवि ।
ग्रहणीर्नाशयेत्सर्वा अर्कलोकेश्वरो रसः ॥२७॥

Śuddha sūtam palam cārkakṣīrai rmardyam punah punah
Dvipalam śuddhagandhasya mahākambu palaṣṭakam -23
Ubhē vahnirasairbhāvyē pēṣhyē śoṣyē dinatrayam
Mēlayētpūrva sūtēna tatardham ṭaṅkaṇam kṣipēt -24
Arka kṣīraih punah sarva yāmaikam mardayēddrudham
Tacchuṣkam cūrṇaliptē atha bhāṇḍē rudhvā puṭē pacēt-25
Caturguñjāmitam khādēnmaricājyēna samyutam
Dēyam dadhyōdanam pathyam vijayā saguḍā niṣi -26
Grahaṇī dōṣanāśartham nāstyanēna samam bhuvi
Grahaṇīrnāśayētsarvā arkalōkēśvarō rasah -27

Suddha Sūtam - Purified mercury - 45 gms. is to be soaked/macer ated in the latex of Calotropis as many times as possible and kep

Suddha Gandhaka - Purified Sulphur - 90 gms.

Mahā kambu - Conch (Sea) Shell - 360 gms.

Prepare *kajjali* of mercury and sulphur, add the powder o conch shell and mix well in a mortar. Soak/macerate in the juic of root of *Vahni* - Plumbago zeylanica as many times as possible Mix all the three powders. Soak/ macerate once adding 430 gm of latex of *Arka* - Calotropis plant to the mixture. This mixture i dried, ground and placed in an earthen pot and it's cover coate inside with *Cūrṇa* - quicklime (Oxide of calcium), close, seal, dr and burn it in a small *puṭa*. Collect when cool. Grind and pre serve.

Dose : 500 mg. with black pepper powder and ghee

Diet : Rice with curd and in the night Cannabis leaf powder wit

Jaggary be given in moderate dose.

This is an excellant and unparalleled drug to cure chronic diarrohea.

NOTE: The *Sanscrit* word *Vijaya* stands for Cannabis plant and Terminalia Chebula too. Though Cannabis is used, it is felt by few that Terminalia chebula be used in it's place. If Terminalia is used the drug will not be as effective as with Cannabis. Cannabis is astringent and Terminalia chebula is mild laxative.

श्वासकासारिरसः (शिलातालेश्वरः)

Śvāsa kāsāri Rasa (or *Śilā Tālēśvara Rasa*)

The *Rasa* that mitigates Breathlessness and Cough or *Rasa* which has Realgar and Yellow orpiment)

[१]कटुत्रिकरसैर्भाव्यं तालमेकं चतुः शिला [२] ।
दिनं वासारसैः पिष्ट्वा वालुका यन्त्र पाचितम् ॥२८॥
द्वियामान्ते समुद्धृत्य तत्तुल्यं च कटुत्रयम् ।
निर्गुण्डीमूलचूर्ण च, वासारस समन्वितम् ॥२९॥
शिलातालेश्वरस्य गुञ्जैका श्वास कासजित् ।

[1]Kaṭutrika rasairbhāvyam tālamēkam catuh śilā[2]
Dinam vāsārasaih piṣṭvā vālukā yantra pācitam -28
Dviyāmāntē samudhrutya tattulyam ca kaṭutrayam
Nirguṇḍīmūlacūrṇam ca, vāsārasa samanvitam -29
Śilātālēśvarasya guñjaikā śvāsakāsajit

[१] त्रिकण्टकरसै -इति पा.

[1] trikaṇṭaka rasai - Variant reading

[२]चतुःशिला - इत्यत्र चतुर्भागा शिला चतुः- शिला इति मध्यमसपदलोपी समासः।

[2] Catuh śilā - ityatra caturbhāgā śilā catuh śilā iti madhyamapada lōpī samāsah - Variant reading

Tālam - Purified Yellow orpiment - 1 part

Śilā - Purified Realgar - 4 parts

Both ground to powders, mixed and soaked/macerated in the decoction of *Trikaṭu* - the three pungents - Dry ginger, Long and black pepper. (As per variant reading - juice of whole plant of

Trikaṇṭaka - Tribulus terrestris Linn.) this is again ground in the juice of *Vāsa* - Adhatoda vasica leaves. Grind well to pil consistancy. Roll pills of 120 mg. This is indicated in Coughs & Breathlessness (Bronchitis)

राजयक्ष्मणि राजमृगाङ्करसः ।

Rāja Mrugāṅka Rasa in *Rājayakṣma* - consumption

(The word *Mrigāṅka* is a synonym for Camphor and the Moon. *Rāja* means the King. The Moon God is said to be suffering from the Consumption. The disease Consumption is treated as the king of diseases. Hence, the name of this recipe would have been coined to symbolize, that which cures King of diseases Vs. King of coolness, the Moon.)

सूतं हेमाभ्रजं भस्म शिला गन्धक तालकम् ॥३०॥
त्र्येकैकभूभवैकाख्यान् कृत्वैवं क्रमशोऽशकान् ।
वराटीः पूरयेत्तेन छागीक्षीरेण टङ्कणम् ॥३१॥
पिष्ट्वा तेन मुखं रुद्ध्वा शरावे भूपुटे पचेत् ।
स्वाङ्गशीतं समुद्धृत्य कुर्यात्तं वस्त्रगालितम् ॥३२॥
रसो राजमृगाङ्कोऽयं चतुर्गुञ्जः क्षयापहः ।

Śutam hēmābhrajam bhasma śilā gandhaka tālakam -30
Tryēkaika bhū bhavaikākhyān krutvaivam kramaśō amśakan
Varāṭih pūrayattēna chāgikṣīrēṇa ṭaṅkaṇam -31
Piṣṭvā tēna mukham ruddhvā śarāvē bhūpuṭē pacēt
Svāṅgaśitam samudhrutya kuryāttam vastragālitam -32
Rasō rājamrugāṅkōyam caturguñjah kṣayāpahah

Sūtam	- Purified mercury	- 3 parts
Hēma	- Gold *Bhasma*	- 1 part
Abhrajam	- Mica *Bhasma*	- 1 part
Śilā	- Purified realgar	- 1 part
Gandhaka	- Purified Sulphur	- 3 parts
Tālakam	- Purified Yellow Orpiment	- 1 part

Prepare *kajjali* of mercury and sulphur, add one after the other and grind. Fill this powder into the cavities of *Varāṭa* - Yellow Cowries (a sea product, used as money in barter system in ancient days) and the mouth is sealed with paste made of *Ṭaṅkaṇam* - Borax and *Chāgī Kṣīra* - goat's milk. These yellow cowries are to be kept in a crucible, covered with another crucible, sealed airtight, burnt in a *Bhūpuṭa*. Collect the material including bunt cowries when cooled. Grind to a fine powder, sift through a sieve and preserve.

Dose : 500 mg. This cures wasting (consumtion) disease *(Rājayakṣma)*

राजयक्ष्मणि सिद्धमृगाङ्कः ।

Siddha mrigāṅka Rasa

(Here again the name assigned is *Mruigāṅka* as in the previous recipe, but the adjective *Siddha* - Accomplisherd, is added)

सुवर्णं भस्मसूतं च वल्लार्धं मधुना लिहेत् ॥३३॥
पथ्यभुग्ब्रह्मचर्येण मृगाङ्को वा क्षयापहः ।

Suvarṇam bhasmasūtam ca vallārdham madhunā lihēt -33
Pathybhugbrahmacaryēṇa mrugāṅkō vā kṣayāpahah

Suvarṇam	- *Bhasma* of Gold	- 180 mg.
Bhasma Sūtam	- *Bhasma* of mercury	- 180 mg.

Both mixed in a mortar and taken with honey in wasting disease, duly observing *Pathya* - the diet restrictions & celibacy.

राजयक्ष्मणि क्षयारिरसः ।

Kṣayāri Rasa

(An enemy to *Kṣaya* - the wasting disease)

शिलाजतुमधुव्योष ताप्य लोहरजांसिः यः ॥३४॥
क्षीरभुग्लेढि तस्याशु क्षयक्षयकरो रसः ।

Śilājatu madhu vyōṣa tāpya lōharajānsi yah -34

Kṣir bhuglōḍhi tasyāsu kśaya kṣayakarō rasah

Śilājit - Purified Miniral pitch
Vyōṣa - Three pungents-Dry ginger, Long and Black peppers.
Tāpya - Purified *Svarṇa mākṣika* - Copper pyrates
Lōha - *Bhasma* of iron

All in equal parts ground to a fine powder and preserved.

Indications: Wasting disease(*Rājayakṣma)*
Vehicle: *Madhu* - Honey
Diet: Only the cooked rice with milk

NOTE: The word *madhu* was translated as *Yaṣṭimadhu* - Glycerrhiza glabra in some translations. This needs to be given a thought.

उदररोगे उदरद्धान्तसूर्यः ।

Udaradhvānta Sūrya Rasa

शुल्ब श्यामा स्नुही दन्ती पथ्या नेपालकान् क्रमात् ॥३५॥
भूव्येकैकाग्नियुग्मांश्च गृहीत्वोष्णाम्बुना पिबेत्
अष्टोदराणि हन्त्येष विशेषेण जलोदरम् ॥३६॥
आध्मानगुल्मशूलघ्न उदरध्वान्तभास्करः ।

Śulba śyāmā snuhī dantī pathyā nēpalakān kramāt -35
Bhūdvēkaikāgni yugmāmśca gruhītvōṣṇāmbunā pibēt
Aṣṭōdarāṇi hantyēṣa viśēṣēṇa jalōdarm -36
Ádhmāna gulma śūlaghna udaradhvantabhaskarah

Sulba - *Bhasma* of copper - 1 part
Śyāmā - Roots of Operculina turpethum - 2 parts
Snuhī - Latex of Euphorbia nerilifolia - 1 part
Dantī - Roots of Balilospermum axillare Blume - 1 part
Nēpālaka -Purified kernals of Jatropha curcas Linn- 2 parts

All ground to a paste, if neccessary by adding little wate and rolled into pills. This is to be administered with hot water i all the eight types of stomach diseases, Ascitis, Tympanitis Gastumour, and colic in particular. This is called *Udaradhvān*

bhāskara Rasa.

NOTE: Some translated the word *Nēpālaka* as Realgar. This needs further study.

शूलरोगे शङ्खभास्कर रसः ।

Śankha Bhāskara Rasa in Colic pains

दग्धं शङ्खं वराटं च तुल्यार्कं नवनीतयुक् ॥३७॥
टङ्कार्धं भक्षयेत्सर्वशूलघ्नः शङ्खभास्करः ।

Dagdham śankham varāṭam ca tulyārkam navanītayuk-37
Ṭaṅkārdham bhakṣayētsarva śūlaghnah śankhabhāskarah

Śankham - *Bhasma* of Counch shell
Varāṭam - *Bhasma* of Yellow cowries
Arkam - *Bhasma* of Copper

All in equal parts to be mixed well and preserved.

Dose: 700 to 1400 mg with Butter
Indications: All colic pains

NOTE: In some translations, *Arka* was translated as Latex of Calotropis plant.

कुष्ठे रक्तारिरसः ।

Raktāri Rasa for Skin diseases
(The *Rasa* - an enemy to the vitiated Blood)

सूतं गन्धं तथा शुद्धं क्रमादेकद्विभागकम् ॥३८॥
तुल्यार्कं भावयेदार्द्ररसैश्चापि त्रिसप्तधा ।
गोलं कृत्वाऽन्धमूषायां रुद्वा गजपुटे पचेत् ॥३९॥
घृतशुण्ठ्या च गुञ्जैकं शीतोदं ससितं ह्यनु ।
त्रिदोषं नाशयेच्छीघ्रं क्रियां शीतां प्रयोजयेत् ॥४०॥
स्थूलं कृशं कृशं स्थूलं करोत्यग्निप्रदीपनम् ।
त्रिदोषात्पतितं रक्तं व्रणनाड्यभिघातजम् ॥४१॥
यकृत्प्लीहोत्थितं यच्च यच्च कुष्ठकरं त्वसृक् ।
शोधयेद्दुष्टरक्तं च रसो रक्तारिसंज्ञकः ॥४२॥

Sūtam gandham tathā śuddham kramadēka dvi bhāgakam -38
Tulyārkam bhāvayēdārdra rasaiścāpi trisaptadhā
Gōlam krutvā andhamūṣāyām ruddhva gajapuṭē pacēt-39
Ghruta śunṭhyā ca guñjaikam śītōdam sasitam hyanu
Tridōṣam nāśayēcchrīghram kriyām śītām prayōjayēt -40
Sthūlam kruśam kruśam sthūlam karōtyagni pradīpanam
Tridōṣātpatitam raktam vraṇāḍhyabhighātajam-41
Yakrutplīhōthitam yacca yacca kuṣṭakaram tvasruk
Śōdhayē dduṣṭa raktam ca rasō raktāri sajnakah-42

Sūtam - Purified mercury - 1 part
Gandham - Purified Sulphur - 2 parts

These to be made as *kajjali* as usual. Add equal quantity (i.e. 3 parts of) *Arka* - *Bhasma* of Copper. Grind with the juice of *Ārdra* - Raw ginger till pill consistancy and roll into pills. These pills are kept sealed in a crucible, burnt in a *Gajapuṭa* and collected when cooled. Grind to a fine powder and preserve.

Dose: 120 mg.

***Anupānam*/Vehicle :** with dry ginger powder + Ghee followed by cold water sweetened with sugar. This keeps *tridōṣās* - (all the three *dōṣās*) normal. During the treatment cold sponging is necessary. By the administration of this drug obese persons become slim and slim obese. Promotes digestion. Cures *vātarakta* - Gout, wounds/ulcers, bleeding from wounds vitiated by all the three *dōṣās*, haemorrhage from liver & spleen, clears the causes in blood that create skin disorders.

मेदो रोगे वडवाग्नि रसः ।

Vaḍavāgni Rasa in obesity

(The *Rasa* which is like a wild fire for obesity)

सूततारार्कं बोलं मर्द्यमर्कपयस्त्र्यहम् ।
वल्लैकं मधुना लेह्यं स्थौल्यमाशु व्यपोहति ॥४३॥
द्विपलं क्षौद्रशीतोदमनुपानं पिबेत्ततः ।

वडवाग्निरसे पथ्यं दध्यादि श्लेष्मलं त्यजेत् ॥४४॥

Sūtatārārkam bōlam mardyamarka payastryaham
Vallaikam madhunā lēhyam sthoulyamāśu vyapōhati -43
Dvipalam kṣoudraśītōdamanupānam pibettatah
Vaḍavāgni rasē pathyam dadhyādi ślēṣmalam tyajēt -44

Sūta - *Bhasma* of purified mercury
Tāra - *Bhasma* of Silver
Arka - *Bhasma* of copper
Bōlam - Gum myrrh - Commiphora myrrh.

All equal quantities by weight, ground for 3 days in the latex of *Arka* - Calotropis plant and rolled into pills of 360 mg. This pill is to be ground on stone with few drops of water and the paste administered. This is followed by taking 80 to 100 mg. of honey diluted with equal quantity of water. Consuming fatty substances, curds etc which promotes phelgm/obesity are forbidden .

NOTE: There are several recipes on this name with little changes both in name and ingredients viz. *Badavagni Rasa Vadavagni Rasa, Badabanalam, Vadavagni loha* etc. Please note that the letters *va* and *ba* are interchangeable in *sanscrit*. Similarly the letters *ra* and *la*.

मूत्रकृच्छ्रे त्रिविक्रिम रसः ।

Trivikrama Rasa in Dysurea

(The *Rasa* that won all the three worlds)

सूतार्कौ गन्धकं मर्द्यं दिनं निर्गुण्डिकाद्रवैः ।
यामैकं वालुकायन्त्रे पक्त्वा देयो द्विगुञ्जकः ॥४५॥
बीजपूरजटाक्काथं ससितं पायदेदनु ।
रसस्त्रिविक्रमो मूत्रकृच्छ्ररोधाश्मरीप्रणुत् ॥४६॥

Sūtārkō gandhakam mardyam dinam nirguṇḍikā dravaih
Yāmaikam vālukāyantrē paktvā dēyō dviguṇjakah -45

Bījapūra jaṭā kvātham sasitam pāyadēdanu
Rasastrivikramō mūtrakrucchra rodhāśmarī praṇut -46

Sūta - Purified mercury
Arka - *Bhasma* of Copper
Gandhakam - Purified Sulphur

Prepare *kajjali* of mercury and sulphur, add *Bhasma* of copper and the juice of *Nirguṇḍi* leaves- Vitex negundo, grind for one and a half hour, fill in a crucible, seal and bake in a sand bath. Collect when cool.

Dose: 240 mg.

Anupāna / **Vehicle :** Decoction of the root of *Bījapūra* - Citrus medica Linn. sweetened with sugar.

Indications: Urinary calculi & Dysurea.

NOTE: This recipe is found in other texts too. In *Rasaratna samuccaya*, it was said that, *Bhasma* of coper is first ground in goat's milk and added to *kajjali*. It was also said that the ground paste of leaves of Vitex negundo are to be used instead of juice, which needs a thought.

श्वित्रे श्वेतकुष्ठारिरसः ।

Śvēta kuṣṭāri Rasa in Leucoderma
(The *Rasa* that mitigates Leucoderma)

निस्तुषीकृत्य बाकुच्या बीजानां पलविंशतिम् ।
गोजलस्थां त्रिसप्ताहं लोहं पथ्या पलद्वयम् ॥४७॥
गृहीत्वा गोजलाच्छोष्यं सूर्यतापेऽतिनिष्ठुरे ।
काकोदुम्बरिकाद्रोणत्वचां क्वाथे त्रिसप्तकम् ॥४८॥
भावयेत्तस्य चूर्णस्य गन्धसूतं सम कृतम् ।
अम्लेन कज्जलीं कृत्वा सर्वमेकत्र कारयेत् ॥४९॥
शिग्रुमूलरसेनापि नागवल्लीदलेन च ।
भावनां त्रिदिनं दत्त्वा कर्षार्धांशां गुटीं कुरु ॥५०॥
एकैकां भक्षयेत्प्रातः श्वेतकुष्ठोपशान्तये ।

चित्रकाङ्कित्वचश्चूर्णं रात्रौ गोदुग्धके वरम् ॥५१॥
क्षिपेद्दधि विलोड्याथ ग्राहयेत्तक्र मुत्तमम् ।
तत्तक्रकुडवं चैकं मध्येऽष्टवल्ल गन्धकम् ॥५२॥
प्रक्षिप्य गुटिकां पश्चात् प्रपिबेद्द्वित्रिसंख्यकाम् ।
नवनीतेन चाभ्यङ्गः कार्यः स्थेयमथातपे ॥५३॥
सर्वश्वित्रे प्रजायन्ते स्फोटकाश्चाग्निदग्धवत् ।
प्रथमे सप्तके, पाको जायतेऽथ द्वितीयके ॥५४॥
रोहणं च तृतीयो हि प्राप्नुवन्ति न संशयः ।
निम्बुकस्य रसोपेतं कुङ्कुमालेपनं हितम् ॥५५॥
सतक्रा गुटिका वाऽपि रसस्यालेपने हिता ।
श्वित्राणां रोहणं रम्यं वर्णदं जायत भृशम् ॥५६॥
त्रिवेलं तक्रभक्तं च पूर्वे देयं च सप्तके ।
मकुष्ठा अपि रूक्षाश्च देया जाते द्विसप्तके ॥५७॥
तृतीये सप्तके देया मकुष्ठा त्रिफलाघृतम् ।
घृतमल्पं प्रदातव्यं श्वित्रकुष्ठी वरो भवेत् ॥५८॥
चम्पकाभं वरं देहं कान्तियुक्तं च नीरुजम् ।
प्राप्नुयाच्छ्रीयुतः सम्यङ्नृजो भूमिमन्डले ॥५९॥
रसराजप्रभावेण सत्यं सत्यं च नान्यथा ।

Nistuṣīkrutya bākucyā bījānām palavimśatim
Gōjalabhyām trisaptāham lōham pathyā paladvayam -47
Gruhītvā gojalācchoṣyam sūryatāpē atinuṣṭurē
Kākōdumbarikādrōṇa tvacām kvāthē trisaptakam -48
Bhāvayēttasya cūrṇasya gandhasūtam samam krutam
Amlēna kajjalīm krutvā sarvamēktra kārayēt -49
Śigrumūla rasēnāpi nāgavallīdalēnaca
Bhāvanām tridinam dattvā karṣārdhāmśa gutīm kuru -50
Ēkaikām bhakṣayētprātah śvētakuṣṭōpa śantayē
Citrakāṅghritvacaścūrṇam rātrou gōdugdhakē varam -51

Kṣipēddadhi vilōdhyātha grāhayēttakra muttamam
Tattakrakuḍavam caikam madhyē aṣṭavalla gandhakam -52
Prakṣipya gutikām paścāt prapibēdvi tri sankyakām
Navaṇītēna cābhyaṅgah kāryah sthēyamathātapē -53
Sarva śvitrē prajāyantē sphōṭakāścāgni dagdhavat
Prathamē saptakē, pākō jāyatē atha dvitīyakē -54
Rōhaṇam ca trutīyē hi prāpnuvanti na samśayah
Nimbukasya rasōpētam kumkumālēpanam hitam -55
Satakrā guṭikā vā api rasasyālēpanē hitā
Svitrāṇām rōhaṇam ramyam varṇadam jāyatē bhruśam -56
Trivēlam takrabhaktam ca pūrvē dēyam ca saptakē
Makuṣṭā api rūkṣāśca dēyā jātē dvisaptakē -57
Trutīyē saptakē dēyā makuṣṭā striphalāghrutam
Ghrutamalpam pradātavyam svitrakuṣṭi varō bhavēt -58
Campakābham varam dēham kāntiyuktam ca nīrujam
Prāpnuyācchrīyutah samyaṅmanujō bhūmi maṇḍalē -59
Rasarāja prabhāvēṇa satyam satyam ca nānyathā

Take one kilogram of *Bākucī* - Dehusked seeds o Psoralea corylifolia Linn. Soak in *Gōjala* - Cow's urine for 21 days Evaporated urine to be replenisshed every day. Add 100 gms. o *Bhasma* of iron & 100 gms of dried fruit rind powder of *Pathya* Terminalia chebula. Dry in severe sunlight. This is again subjecte to *Bhāvana* (soaking/macerating) for 21 days with the decoction o the bark of *Kākōdumbarikā* - Ficus hispida Linn.f.. Total quantit of 11.5 litres of decoction shall be made use of, in these 21 days Hence, 550 ml. of decoction to be prepared every day on average added to the medicine and dried in the sun. If the decoction sti remains in the evening, it is to be ground till it evaporates. This i to be repeated for 21 days. Mean while before the 22nd day, *kajja* of mercury and sulphur of equal quantity duly ground in Lim juice to be made ready, added and ground. This powder is agai subjected to *bhāvana* (soaking/macerating) in the juices of 1. *Sigr mūla* - root of Moringa oleifera Lamk and 2. *Nāgavalli* - Betel leave

(Piper betel Linn.) for three times (three days) with each and pills of 5 gms. rolled and preserved.

Method of administration:

One pill a day in the morning before taking breakfast - will cure Leucoderma. 2 gms, of *Citrakāṅghri* - root bark powder of Plumbago zeylanica to be kept soaked in 200 ml of cow's milk over night, boiled early in the morning and set to become curds, when it is set, equal water is added, churned to make butter milk, 2 gms. of purified sulphur powder added to it and given to drink along with the pill.

Dose can be increased to 2 to 3 pills depending upon the necesssity. After administration, entire body of the patient is massaged with fresh butter and made to sit in the sun light. Within few days of the treatment, blisters over the areas of Leucoderma will apprear as if of burns. They come down within 2 weeks and will vanish by third week. When they burst, drain off water, clean with sterilised cotton and the patient kept in asceptic condition. It is prefered, if the paste of pure *kumkuma* - saffron ground with *Nimbuka* - Lemon juice is applied as thin layer over them. This creates burning due to lemon juice. Alternately, the pill (*Śvētakuṣṭāri Rasa*) can be ground in buttler-milk and applied. This avoids formation of black marks/blemishes etc.

Diet: Only cooked rice with butter milk be allowed to be eaten thrice a day in the first week. In the second week food, free from Ghee and oil to be given. And in the third week, a medicated ghee by the name *Triphalā Ghritam* to be added in the treatment. Foods made of wild variety of Greengram seeds (Phaseolus mungo) also to be given moderately. Ghee can be allowed in very small quantities.

If this course of treatment is followed, though difficult leucoderma vanishes and the body becomes bright, beautiful and lustorus like *campaka* flower. This is true, true and nothing other

than truth.

NOTE: This recipe is said to be found in other two texts - *Rasa kāmadhēnu* and *Rasāyana Samgraha*. Unless the periods of these books are known, the antiquity cannot be assessed. However, this recipe seems to be based on experience.

वातरोगे स्वच्छन्दभैरवो रसः ।

Svacchanda Bhairava Rasa in *Vāta* disorders

शुद्धसूतं मृतं लोहं ताप्यगन्धकतालकम् ।
पथ्याग्निमन्थनिर्गुण्डी त्र्यूषणं टङ्कणं विषम् ॥६०॥
तुल्यांशं मर्दयेत्खल्वे दिनं निर्गुण्डिकाद्रवैः ।
मुण्डीद्रवैर्दिनैकं गुञ्जैकं वटकीकृतम् ॥६१॥
भक्षयेद्वातरोगार्तो रसं स्वच्छन्दभैरवम् ।
[1] लघुरास्नाह्वयं क्वाथं सपुरं ह्यनुपानकम् ॥६२॥

Suddha sūtam mrutam lōham tāpya gandhaka tālakam
Pathyāgnimantha nirguṇḍi tryūṣaṇam ṭaṅkaṇam viṣam -60
Tulyāmśam mardayitvākhalvē dinam nirguṇḍikādravaih
Muṇḍidravairdinaikam tu guñjaikam vaṭakīkrutam -61
Bhakṣayēdvātarōgārtō rasam svacchandabhairavam
[1] Laghurāsnahvayam kvātham sapuram hyanupānakam -62

Suddha sūtam - Purified mercury
Mrutam Lōham - *Bhasma* of iron
Tāpya - *Bhasma* of Copper pyrates
Gandhaka - Purified sulphur
Tālakam - Purified yellow orpiment
Pathyā - Fruit rinds of Terminalia chebula
Agnimantha - Root bark of Clerodendrum phlomidis Linn.f.
Nirguṇḍi - Leaves of Vitex negundo
Tryūṣaṇam - Three pungents-Dry ginger, Long and Black peppers.
Taṅkaṇam - Borax, dehydrated

Viṣam - Purified tuberous roots of Aconitum ferox wall.

All equal parts. Prepare *kajjali* of mercury and sulphur, add rest one by one by grinding. Triturate with the juice of *Nirguṇḍī* - Vitex negundo leaves and *Muṇḍī* - Sphaeranthus indicus whole plant, for one day in each. Roll into pills of 120 mg. This is indicated in *Vāta* diseases with the decoction of a group of drugs called *[1] Laghu Rāsnādikam* - This group consists of seven drugs. The are:

[1] रास्नागोक्षुरकैरण्डदेवदारुपुनर्नवाः। गुडूच्यारग्वधश्चैव लघुरास्नादिकः स्मृतः

1. *Rasnā* - This is a controvertial drug. Different drugs in different parts of India are being used. However, Pluchea lanceolata oliv. is preferred.
2. *Gokṣuraka* - Root of Tribulus terrestris Linn.
3. *Ēraṇḍa* - Root of Ricinus Communis Linn.
4. *Dēvadāru* - Heartwood of Cedrus deodara (Roxb.)
5. *Punarnva* - Whole plant of Trianthema portulacastrum
6. *Guḍūci* - Whole plant of Tinospora cordifolia.
7. *Aragvadha* - Fruit pulp of Cassia fistula Linn.

उन्मादापस्मारयोरुन्मादगजकेसरी रसः ।

Unmāda Gaja kēsarī for Insanity and Epilepsy

(*Unmāda* is insanity. *Gaja* means Elephant and *Kēsari* is Lion. As if an elephant gets frightened to Lion, insanity flees with this *Rasa*)

शुद्धं सूतं वचा क्वाथैस्त्रिदिनं मर्दयेत्ततः ।
शङ्खपुष्पीरसैस्तद्वन्धकं मर्दितं क्षिपेत् ॥६३॥
गोमूत्रमर्दितं गोलं मूषायां तु निरोधयेत् ।
सप्तधाऽऽलेप्य मृद्वस्त्रैः पुटितं स्वाङ्गशीतलम् ॥६४॥
चूर्णीकृतं चतुर्वल्लं समसर्षप चूर्णकम् ।
जीर्णघृतानुपानं च नस्ये स्नेहं तु सार्षपं ॥६५॥
कारयेत्तेन चाभ्यङ्गं दिनानामेकविंशतिम् ।
उन्मादापस्मृती हन्ति ह्युन्मादगजकेसरी ॥६६॥

Suddham sūtam vacā kvādhai stridinam mardayēttatah
Śaṅkhapuṣpīrasaistadvad gandhakam marditam kṣipēt -63
Gōmūtra marditam gōlam mūṣāyām tu nirōhayēt
Saptadhā ālēpya mrudvastraih puṭitam svāṅgaśītalam -64
Cūrṇīkrutam caturvallam samasarṣapa cūrṇakam
Jīrṇa ghrutānupānam ca nasyē snēham tu sārṣapam -65
Kārayēttēna cābhyaṅgam dinānāmēka vimśatim
Unmādāpasmrutī hanti hyunmāda gaja kēsarī -66

Purified mercury is ground with the decoction of *Vaca*- Rhizomes of Acorus calamus for three days and dried. Simultaneously, purified sulphur is ground with the decoctions of *Śaṅkhapuṣp* (see note below) and dried. Both of these processed mercury and Sulphur in equal parts made to *kajjali*, ground in cow's urine, placed in crucibles and sealed airtight with seven seals. (This means that the crucibles be perfectly made airtight). This is burnt in a small *puṭa*. Collect the medicine when cool & grind to fine powder.

Dose: 1440 mg.

Vehicle / *Anupāna* : Equal quantity of *Sarṣapam* - Mustard seed powder mixed with cow's ghee of more than an year old.

This is to be followed by inhalation of few drops of mustard oil through nose, (Errhine therapy) and annointing the entire body. This treatment is continued for 21 days in insanity and epilepsy.

NOTE: *Śaṅkhapuṣpi* - is a plant which has flowers resembling *Śaṅkha* - conch shell. This is not correctly identified as there are many plants having conch shell shaped flowers. They are:

1. Convulvulus pluricaulis chois
2. Evolvulus alsinoids Linn.
3. Cascora diffusa R.Br.
4. Clitoria ternatea Linn.
5. Lavendula bipinnata O.ktze.

There are several opinions on this plant. In Andhra Pradesh Clitoria is being used by most of the practitioners.

अग्निमान्द्ये क्रव्यादरसः ।

Kravyāda Rasa for indigesion

(That which digests even if meat is eaten stomachful)

सूतं गन्धमयस्ताम्रमेकव्यर्धार्धकं पलम् ।
द्रावयेल्लोहरजो पात्रे क्षिपेदेरण्डपत्रके ॥६७॥
चूर्णितं वस्त्रपूतं च लोहपात्रे पुनः पचेत् ।
जाम्बीरं बैजपूरं वा रसं पात्रमितं क्षिपेत् ॥६८॥
संचूर्ण्य पञ्चकोलोत्थैः कषायैश्चाम्लवेतसैः ।
भावनाः खलु दातव्याः पञ्चाशत्प्रमितास्ततः ॥६९॥
भृष्टटङ्कणचूर्णं तु दद्यात्सर्वसमानकम् ।
टङ्कणार्धं बिडं दद्याद्विडतुल्यं मरीचकम् ॥७०॥
सप्तधा भावयैत्पश्चाच्चणक क्षारवारिणा ।
एवं सिद्धरसाद्वल्लद्वितयं वा चतुष्टयम् ॥७१॥
सैन्धवं माषमेकं तु जीरकं च द्विमाषकम् ।
तक्रेण योजितं चैतदनुपानं विबेत्सुधी : ॥७२॥
भोजयेत्कंठपर्यन्तं गुरुमामिष भोजनम् ।
क्षिप्रं तज्जीर्यते भुक्तं पुनः काङ्क्षति भोजनम् ॥७३॥
घटश्चवेन्द्रभीमैश्च कुम्भयोनिचतुर्मुखैः ।
शनैश्चरेण रुद्रैण ब्रह्मणा सेवितोऽग्नये ॥७४॥
अस्य संसेवनादेते सर्वे जाता महाशनाः ।
अतः संसेव्यते भूपैर्महदग्निविवृद्धये ॥७५॥
कुर्याद्धीपनमद्भुतं च पचनं दुष्टामयोच्छेदनं
तुन्दस्थौल्यनिबर्हणं, गरहरः शूलार्तिमूलापहः।

गुल्मप्लीहविनाशनो बहुरुजां विध्वंसनः स्रंसनो
वातग्रन्थिमहोदरापहरणः क्रव्यादनामा रसः ॥७६॥
सिंहणक्षोणिपालाय भूरिभोज्यप्रियाय च ।
दत्तवान् भैरवानन्दो भूपो ग्रामाष्टकं ददौ ॥७७॥

Sūtam gandhamayastāmra mēkavdyardhārdhakam palam
Drāvayēllōhajē pātrē kṣipēdēraṇḍ patrakē -67
Cūrṇitam vastrapūtam ca lōhapatrē punah pacēt
Jāmbīram baijapūram vā rasam pātramitam kṣipēt -68
Samcūrnya pañcakōlōthaih kaṣāyaiścāmlavētasaih
Bhāvanāh khalu dātavyāh pañcāśatpramitāstatah -69
Bhruṣṭa ṭaṅkaṇa cūrṇam tu dadyātsarva samānakam
Ṭaṅkaṇārdham biḍam dadyādbiḍa tulyam marīcakam -70
Saptadhā bhāvayētpaścāccaṇaka kṣāravāriṇā
Ēvam siddha rasādvalla dvitayam vā catuṣṭayam -71
Saindhavam māṣamēkam tu jīrakam ca dvimāṣakam
Takrēṇa yōjitam caitadanupānam pibētsudhīh -72
Bhōjayētkaṇṭhaparyantam gurumāmiṣa bhōjanam
Kṣipram tajjīryatē bhuktam punah kaṅkṣati bhōjanam -73
Ghaṭaśravēndrabhīmaiśca kumbhayōni caturmukhaih
Śanaiścarēṇa rudrēṇa brahmaṇā sēvitō agnayē -74
Asya samsēvanādētē sarvē jātā mahāśanāh
Atah samsēvyatē bhūpairmahadagni vivruddhayē -75
Kuryāddīpana madbhutam ca pacanam duṣṭāmayōcchēdanam
tundasthoulya nibarhaṇam, garaharah śūlārti mūlāpahah
Gulmaplīha vināśanō bahurujām vidhvamsanah sramsanō
vātagranthi mahōdarāpaharaṇah kravyādanāmā rasah -76

Simhaṇkṣōṇipālāya bhūri bhōjyapriyāya ca
Dattavān bhairavānandō bhūpō grāmāṣṭakam dadou -77

Melt 100 gms. of purified sulphur in a pan, add 50 gms. of purified mercury, 25 gms. of Copper *bhasma*, 25 gms. of iron *bhasma* and mix well.

Prepare a bed of about 100mm. thick with cow dung, spread the leaves of Castor plant (Ricinus communis), pour the molten mixture over this and immediately cover with few more castor leaves.Allow it cool, collect, grind and sieve through a cloth to a fine powder. Keep this in an iron vessel filled with 3 litres of Lemon juice or juice of Citrus medica and boil till it evaporates. Collect and process in *Bhāvana* and *mardana* for 25 times in each of the following :

1. *Pañcakōla* decoction. *Pañcakōla* is a group of five drugs, they being : i) *Pippali*-Long pepper ii) *Pippalimūla*-Roots of Premna herbacea Roxb. iii) *Chavya* - This is a controversial drug. Roots of Piper betel is being used. iv) *Citraka* - Roots of Plumbago zeylanica and v) *Nāgaram* - Dry ginger.
2. *Amla vētasa* - Fruits of Garcenia pedunulata Roxb. Stalks of Rheum being used traditionally.

After completion, add the following :

1. Dehydrated borax - equal to the processed medicine
2. *Biḍa* salt powder - half of borax
3. Black pepper powder - equal to *Biḍa* salt and
4. *Caṇaka kṣāra vāri* - Alkaline of Cicer arietinum (see note below)

Dose: 720, 1080 or 1440 mg.

Vehicle / *Anupāna* : Rock salt - 700mg. and 1440 mg. of powder of Cumin seeds and a tumblerful - 200 ml. of buttermilk.

If administered after rich non vegetarian diet is consumed stomachful, it gets digested and desire for eating again prevails. This is second to none in promoting the digestion,curing chronic

and acute digestive disorders. It reduces obesity, counteracts *Gara* poison, cures colic, *gulma* (gastumour), enlargement of spleen, cyst due to *vāta*, enlarged abdomin etc. It is laxative.

This was once used by Lord *Indra, Bhīma, Agastya, Brahma, Śani & Rudra* and hence they became great eaters. All kings consumed this *Rasa* to increase their apetite.

This recipe was formulated and presented by *Bhairavānanda* to the King *Simhaṇa* for which he was gifted 8 villages.

NOTE:

Caṇaka Kṣāra vāri: This is literally means, the liquid alkaline of Cicer arientinum plant. Burn the dried plant and disolve the ashes in water. Filter the water till dust, earth etc. are removed. Boil the water till the disolved alkaline is obtained. Dry and preserve.

Another method: When crop of Cicer arientinum starts fruiting, the crop is covered with a clean, thin,absorbable, muslin, white cotton cloth in winter in the night. The cloth gets wet due to dew and absorbs the alkaline/acid content from the plant. The cloth is collected early in the morning before sun rise and the liquid squezed and dried. It becomes a viscous, brown liquid of honey consistency. It is acidic/alkaline. This is rarely being done now as the portion of the crop used for this purpose, will not yield good crop.

अग्निमान्द्ये बडबानल रसः ।

Vaḍavānala Rasa in Indigestion

(The *Rasa* which is like submarine fire)

सूतं भुजङ्ग ममृतं लवणं हरिद्रा
व्योषं धनञ्जयजटाऽवनि भूतधात्री ।
क्रष्टादशद्वयनिधित्रयवेदसङ्ख्याः
शोभाञ्जनार्द्रक करीरक बीजपूरैः ॥७८॥
निम्बूफणीश्वरलता सुपलाशतोयै -
र्भाव्यं विशोष्य खरले प्रविधाय चूर्णम्
वस्त्रस्रुतं सकलवातगणान्निहन्ति
वह्नेरपाटवमरोचक शूलवान्तीः ॥७९॥

Sūtam bhujaṅga mamrutam lavaṇam haridrā
vyōṣam dhanañayajaṭā avani bhūtadhātri
Kvaṣṭādaśa dvaya nidhitraya vēda saṅkhyāh
Śōbhañjanārdrakakarīraka bījapūraih -78
Nimbū phaniśvaralatā supalāśatōyai
rbhāvyam viśōṣya kharalē pravidhāya cūrṇam
Vastra srutam sakala vātagaṇānnihanti
Vahnērapāṭavamarōcaka śūlavāntih -79

Sūtam	- Purified mercury	- 8 parts
Bhujaṅgam	- *Bhasma* of lead	- 8 parts
Amrutam	- Purified Aconitum ferox .	- 10 parts
Lavaṇam	- Rock salt	- 10 parts
Haridra	- Turmeric powder	- 9 parts
Vyōṣam	- Powders of the three pungents	
	- Dry ginger, Long and black pepper.- 9 parts	
Dhananjaya jaṭa-	Roots of Plumbago zeylanica - 3 parts.	
Avani	- ? (see note below)	- 3 parts
Bhūdhātri	- Entire plant of Phyllanthus amara -3 parts	

All the above reduced to fine powders and mixed well. This powder to be processed in *Bhāvana* in the juices/decoctions for one day in each of the following.

1.	*Sōbhāñjana*	- Roots of Moringa oleifera Lamk.
2.	*Ārdraka*	- Raw ginger - Zingeber officinale
3.	*Karīraka*	- Tender Bamboo sprout
4.	*Bījapūra*	- Fruit of Citrus medica
5.	*Nimbu*	- Lemon fruit
6)	*Phaṇiśvara lata*	- Betel leaves - Piper betle.
7)	*Palāsa*	- Bark of Butea monosperma

At the end levigate, sieve and preserve.

This is to be administered in an appropriate dose and vehicle according to the strength of the patient and severity of the disease

in all *vāta* diseases. This promotes digestion. Reduces anorexia, colic & vomittings.

NOTE:

1. There are about 26 formulations with this name in various texts.
2. Proportions of ingrediants were adopted from *Rasa yōga sāgara.*
3. The word *Avani* could not be found in Dictionaries. *Pandit Hari prapannaji* in his *Rasa yōga sāgara* translated as sulphur. Some books say it is *Trāyamāṇa,* the Gentiana kurro Royle and some others as Ficus hetrophylla.

मन्दानले अग्निकुमार रसः ।

Agnikumāra Rasa in indigestion

(*Aginikumāra* means the son of Fire God - the *Kārtikēya.* This *Rasa* is named ofter him. The previous formula was *Vaḍabānala Rasa* - the submarine fire. And prior to that is *Krvyāda Rasa* the fire itself. The author is giving in series, the formulae which are efficacious in digestive disorders. There are more than 50 formulae with this name and some more with adjectives prefixed with different combinations. All the *Agnikumārasas* numbering more than 100 from different texts, were compiled by the Translator in *Telugu* and is available in Dr. Achanta Lakshmipathi Ayurveda Library Trust, Vijayawada. Andhra Pradesh)

सूतं गन्धं विषं शङ्खं कपर्दं टङ्कणोषणे ।
चन्द्रैकाग्निगजत्रिद्विवसुभागैर्मितं क्रमात् ॥८०॥
जम्बीरकेन संमर्द्य भवेदग्निकुमारकः ।
वाते मन्दानलेऽजीर्णे ज्वरश्लेष्मविसूचिके ॥८१॥
गुञ्जामात्रं प्रदातव्यो विण्मूत्रशिरसेग्रहे ।
कासे श्वासे क्षये शूले सर्वरोगेषु योजयेत् ॥८२॥

Sūtam gandham viṣam śaṅkham kapardam ṭaṅkaṇōṣaṇē
Candraikāgni gaja tri dvi vasu bhāgairmitam kramāt -80
Jambīrakēna samardyam bhavēdagnikumārakah
Vātē mandānalē ajīrṇē jvara ślēṣma visūcikē -81
Guñjāmātram pradātavyō viṇmūtra śirasēgrahē
Kāsē śvāsē kṣayē śūlē sarva rōgēṣu yōjayēt -82

Sūtam	- Purified mercury	- 1 part
Gandham	- Purified sulphur	- 1 part
Viṣam	- Purified Aconite	- 3 parts

Śankham	- *Bhasma* of Conch shell	- 8 parts
Kapardam	- *Bhasma* of yellow cowries	- 3 parts
Ṭaṅkaṇam	- Dehydrated borax	- 2 parts

All mixed in *kajjali* and ground in Lime juice for one or two days.

Dose: 120 mg.

Indications: Poor digestion, *vāta* diseases, fever, Phelgamatic disorders and Cholera, Dysurea, Spondilytis, Coughs, Breathlessness, Wasting disease, colic etc.,

गुल्मादौ शङ्खद्रावक रसः ।

Śaṅkha drāvaka Rasa in Gastumour etc.

(As the name indicates, Conch shell melts in this *Rasa.* At the end of the text, it is said that yellow cowries & metals too melt in this *Rasa.* There are about 13 different formulae with this name in various texts. Out of all, this formula seems to be the simplest with minimum number of ingredients. Hence, may be considred as of the author's personal experience.)

नृसारं स्फटिकं सौरं त्रयमेकत्र चूर्णयेत् ।
तत्क्षिपेन्मृन्मये कूपे शुभे हस्तमिते दृढे ॥८३॥
सरन्ध्रोदरकाचोत्थे कूपे तत्सिन्नियोजयेत् ।
सप्तधा वेष्टयेत्पश्चात्तत्सन्धिं वस्त्रमृत्स्नया ॥८४॥
खपरि वालुकापूर्णे तिर्यगौषध कूपकम् ।
अर्धं यन्त्रे निधायाथ श्रीगुरोः संप्रदायतः ॥८५॥
अधोमुखं, द्वितीयं तु स्थाप्यं चुल्लेः पराङ्मुखे ।
अथः प्रज्वालयेदग्निं हठाद्यावद्रसः स्रवेत् ॥८६॥
धारयेत्काचजे पात्रे शङ्खद्रावरसं ततः ।
शाणैकं सेवयेत्पश्चाद्दन्तस्पर्शविवर्जितम् ॥८७॥
गुल्मोदर यकृत्प्लीह विद्रधि ग्रन्थि शूलनुत् ।
बलपुष्टिप्रदो ह्येष भुक्तं जारयते क्षणात् ॥८८॥
विलोक्यतामहो लोका रसमाहात्म्यमद्भुतम् ।
कपर्दकाम्बुलोहानि यस्मिन् क्षिप्ते गलन्ति हि ॥८९॥

Nrusāram sphaṭikām souram trayamēkatra cūrṇayēt
Tatkṣipēnmrunmayē kūpē śubhē hastamitē druḍhē -83
Sarandhrōdara kācōthē kūpē tatsanniyōjayēt
Saptadhā vēṣṭayētpaścāttatsandhim vastramrutsnayā -84
Kharparē vālukāpūrṇē tiryagaouṣadha kūpakam
Ardham yantrē nidhāyātha śrīgurōh sampradāyatah -85
Adhōmukham, dvitīyam tu sthāpyam cullēh paraṅmukhē
Adhah prajvālayēdagnim haṭādyāvadrasah sravēt -86
Dhārayētkācajē pātrē śaṅkhadrāvarasam tatah
Śāṇaikam sēvayētpaścāddantasparśa vivarjitam -87
Gulmōdara yakrut plīha vidradhi granthi śūlanut
Balapuṣṭipradō hyēṣa bhuktam jārayatē kṣaṇāt -88
Vilōkyatāmahō lōkā rasamāhātmyamadbhutam
Kapardakāmbu lōhāni yasmin kṣiptē galanti hi -89

Nrusāram - Ammonium chloride.
Sphaṭikā - Alum-Double sulphate of Potasium and Aluminium
Souram - Potasium nitrate.

All the three in equal parts ground seperately and mixed well.

Apparatus: The text was written when the scientific glassware was not invented. Hence, they made an elaborate arrangement with earthen pots etc. kept in an excavated pits to conserve heat. It is really enchanting experience, when we try to understand the methods invented by the Scientist of yore. Since the methods described in the present formula are very difficult to adopt when more cleaner and easily accessible apparatus is available, the portion of the text is not translated.

Distillation retort with bent pipe with condenser can be used The mixture of powders are distillated. The liquid that is condensed in the receiving flask is called the *Śaṅkha drāvaka.*

Dose: 3 gms.

Precautions: This is to be administered avoiding contact with teeth.

Indications: Gastratumour, abdominal disorders, enlargement of

liver & spleen, internal abssces, cyst, & colic

This promotes strength as it enhances digestion. If taken after heavy meal, it gets digested quickly. This is an excellant drug on earth. Cowries & metals get melted in this *Śaṅkha drāvaka.*

धातुक्षये हरगोरीरसद्वयम् ।

Two formulae of *Haragouri Rasa* for *Dhātu Kṣaya*

(Two formulae are given with the same name. *Hara* is Lord *Śiva* and *Gouri* is *Pārvati*, consort of Lord *Śiva.* As already said mercury is the Semen of Lord *Śiva* and Sulphur is the *Rajas of Pārvati.* Since both formulae are with mercury and sulphur without any others except the juices for maceration, these are named as *Hara gouri Rasas*)

पारदं तत्तृतीयांशं गन्धं दत्त्वा तु मर्दयेत् ।
दशांश नवसारेण युतं चोन्मत्तवारिणा ॥९०॥
खल्वे संमर्द्य तत्सर्वं काचकूप्यां निवेशयेत् ।
गुरुक्त संप्रदायेन वालुका यन्त्रमध्यगम् ॥९१॥
पचेत् षोडशयामांश्च मन्दमध्यहठाग्निना ।
पक्वः सुशीतलो ग्राह्यो हरगौरीरसो भवेत् ॥९२॥
सूतं गन्धं समं कृत्वा सर्पाक्षीरसमर्दितम् ।
पूर्ववत्पाचितं त्वन्ये हरगौरीरसं विदुः ॥९३॥

Pāradam tattrutīyāmśam gandham dattvā tu mardayēt
Daśāmśa navasārēṇa yutam cōnmattavāriṇā -90
Khalvē samardyē tatsarvam kācakūpyām nivēśayēt
Gurūkta sampradāyēna vālukāyantra madhyagam -91
Pacēt ṣōḍaśayāmāśca manda madhya haṭhāgninā
Pakvah suśītalō grāhyō haragourī rasō bhavēt -92
Sūtam gandham samam krutvā sarpākṣī rasamarditam
Pūrvavat pācitam tvanyē haragourī rasam viduh -93

Pāradam - Purified mercury - 3 parts
Gandham - Purified sulphur - 1 part

Both ground and made to *kajjali* Add *Navasāra* - Ammonium chloride 1/10th by weight of *kajjali* Grind with the *Unmatta vāriṅa* - Juice of Datura metal, fill it in a glass crucible, seal and bake it in a sand bath for 24 hours continuously and consecutively on low, medium and severe heat . Collect the medicine when cold. This is one type of *Haragourī Rasa.*

Kajjali with equal parts of purified mercury and purified sulphur ground in *Sarpākṣi* -Orphiorrhiza mungos Linn. and processed as above. This is the second *Haragourī Rasa.*

NOTE: Other details like dose, indications etc. are seperately given in stanza nos. 95 to 104 along with other following recipes.

धातुक्षये मदनकामदेवरसः ।

Madana kāmadēva Rasa in *Dhātu Kṣaya*

(*Madana* stands for Delighting, intoxicating and also for God of Love/passion. *Kāmadēva* is also stands for God of Love. The word *madana* is used for delight and the *Kāmadēva* for the God of Love. This *Rasa* is indicated in Less production of *Dhātu* - the semen)

पारदाद्द्विगुणं गन्धं दत्त्वा कार्पासिकाद्रवैः ।
पूर्ववत्पाचिते ह्येष कामदेवरसः स्मृतः ॥९४॥

Pāradadviguṇam gandham datvā kārpāsikādravaih
Pūrvavatpācitō hyēṣa kāmadēva rasah smrutah -94

Kajjal made of one part mercury and 2 parts sulphur, both purified, processed like *Haragourī Rasa* but with the juice of leaves of *kārpāsa* - Gossypium herbaceum Linn. is *Madana kāmadēva Rasa.*

धातुक्षये मृत्युञ्जय रसः ।

Mrutyñjaya Rasa

(*Rasa* that wins over the death. *Mrutyñjaya* is a synonym for Lord *Siva*)

समांशं क्षिप्यते स्वर्णं रुप्यं ताम्रं च मर्दयेत् ।
मुशल्या [१] चाखुपर्ण्या च मातुलुङ्गरसैस्त्र्यहम् ॥९५॥ [१] गिरिकर्ण्या - इति पा.
मोचचिञ्चात्मगुप्ताभिस्तदा मृत्युञ्जयो रसः ।

Samāmśam kṣipyatē svarṇam rūpyam tāmram ca mardayēt
Miuśalyā [1]cākhuparṇyā ca mātuluṅga rasaistryaham 95
Mōca ciñcātmaguptābhistadā mrutyuñjayō rasah

[1] *Girikarṇyā* - Variant reading

Bhasmās of Gold, Silver & Copper in equal parts mixed together is to be processed by grinding for one day in each of the following juices.

1. *Muśali* - Tubers of Aspharagus adscendens Roxb.
2. *Ākhu parṇī* - Merremia emarginata Hall.f. (as per variant reading, roots of Clitoria ternatea Linn. to be used)
3. *Mātuluṅga* - Citrus medica fruit
4. *Mōca* - Decoction of Gum Bombax ceiba Linn.
5. *Ciñcā* - Leaves of Tamarindus indica Linn.
6. *Ātmagupta* - Seeds of Mucuna prurita hook.

Grind to pill consistancy, roll into pills & preserve. This is *Mrutyñjaya Rasa.*

हरगौरी कामदेव मृत्युञ्जय रसाः ।

Haragourī, Kāmadēva & Mrutyuñjaya Rasas

(All the three formulae are meant for *Dhātu Kṣaya. Dhātu* refers to the seven *Dhātus* of the body and particularly for Semen. Hence, the therapeutics of all the three are given at one place.)

त्रयाणां सेवनं पथ्यमुच्यते क्रमशो गुणाः ।
एकमासं सिताज्याभ्यां सदा सेव्यो नरोत्तमैः ॥९६॥
एवं निषेव्य सूतेन्द्रं भुञ्जीत मधुरं सदा ।
शाल्यन्नं गोपयः खण्डं सिता जाङ्गलमामिषम् ॥९७॥
गोधूमजान् विकारांश्च माषान्नं कदलीफलम् ।
पनसं चाथ खर्जूरं द्राक्षां च नालिकेरकम् ॥९८॥
सेवेत सर्वं तत्प्राज्ञो वृष्यं यत्किञ्चिदुच्यते ।

वलीं संवत्सराद्धन्ति पलितं च द्विहायनात् ॥९९॥
सेवया वज्रदेहोऽस्य द्रावयेद्वनिताशतम् ।
न रेतः संक्षयस्तस्य षण्डोऽपि पुरुषायते ॥१००॥
ऊर्ध्वलिङ्गः सदा तिष्ठेल्ललनामक्षयं व्रजेत् ।
तप्तहाटकवर्णाभः श्रीधीमेधाविभूषितः ॥१०१॥
हयवेगो मयूराक्षो वराह श्रुतिरेव च ।
अपरः कामदेवोऽपि मानिनीमानमर्दनः ॥१०२॥
राजयक्ष्मादिरोगांश्च मेहान् जीर्णज्वरानपि।
ग्रहणीं हन्त्यतीसारं गोतक्राद्बहुमूत्रताम् ॥१०३॥
सर्वरोगहरो ह्येषनिजौषधानुपानतः ।
हरगौरी कामदेवो रसो मृत्युञ्जयाभिदः ॥१०४॥
किमत्र बहुनोक्तेन जरामृत्युहरास्त्रयः ।

Trayāṇām sēvanam pathyamucyatē kramaśō guṇāh
Ēka masam sitājyābhyām sada sēvyō narōttamaih -96
Ēvam niṣēvya sūtēndram bhuñjita madhuram sadā
Śālyannam gōpayah khaṇḍam sitām jāṅgalamāmiṣam -97
Gōdhūmajān vikāramśca māṣānnam kadalīphalam
Panasam cātha kharjūram drākṣām ca nālikērakam -98
Sēvēta sarvam tatprajnō vruṣyam yatkiñciducyatē
Valīm samvatsarāddhanti palitam ca dvihāyanat -99
Sēvayā vajradēhō asya drāvayēd vanitāśatam
Na rētah samkṣayastasya ṣanḍō api puruṣāyatē -100
Ūrdhvaliṅgah sadā tiṣṭēllalanā makṣayam vrajēt
Taptahāṭaka varṇābhah Śrīdhīmēdhā vibhūṣitah -101
Hayavēgō mayūrakṣō varāha srutirēva ca
Aparah kāmadēvō api mānīnīmānamardanah -102

Rājayakṣmādi rōgamśca mēhān jīrṇajvarānapi
Grahaṇīm hantyatīsāram gōtakrād bahumūtratām -103
Sarvarōgaharō hyēṣa nijouṣadhānupānatah
Haragourī kāmadēvō rasō mrutyuñjayābhidhah -104
Kimatra bahunōktēna jarāmrutyu harāstrayah

These three formulae are to be administered while observing dietary restrictions prescribed for *Rasās* (all mercurial preparations). These have better therapeutic effects one over the other, in the order of *Haragourī-1, Haragourī-2, Madana Kāmadēva* and *Mrutyuñjaya*.

Diet: Sugar and Ghee are to be used more in foods in the first month of administration. The following nourishing foods are also to be taken abundantly.

Śālyannam	- Cooked *Sali* rice
Gōpayah	- Cow's milk
Khaṇḍam	- Sugar candy
Sitā	- Sugar
Jāṅgala māmiṣam	- Meat of wild animals
Gōdhūmajam	- Foods made of wheat
Māśānnam	- Foods made of Blackgram
Kadalīphalam	- Plantain fruit
Panasam	- Jack Fruit
Kharjūram	- Date Fruits
Drākṣam	- Grapes/raisins
Nālikēram	- Coconut fruit

If such nourishing foods are taken, the two major problems of old age viz. *Vali* - Wrinckles of the skin and *Palitam* - Graying of hairs will vanish in one & two years respectively. Body becomes very strong like diamond and will be able to enjoy 100 women. Semen will not diminish. Impotent too will gain masculinity. Penis will erect at will, and will have desire to enjoy ladies always. The complexion will be that of molten Gold. Promotes - brave-

ness, intellect, wealth, fastness like horse, sight like Peacock and hearing like Pig. It makes the man like second *Manmadha*, the God of Love, to win over women.

It cures Consumption/Wasting, fevers, diarrhoea, dysentery etc.. If taken with cow's butter milk, reduces poly uria. If used with relavant vehicle, all these *Rasās* are capable of curing all the diseases. Why all these words! They win over the old age and death.

वाजीकरणार्थं मानिनीमानमर्दनरसः ।

Mānini māna mardana Rasa as aphrodisiac

(*Mānini*- Women, *māna* - respect (chastity), *mardana* - that which destroys. This is the *Rasa* which destroys the self respect (Chastity) of women by promoting the vigor and manliness in men.)

कज्जलीं सूतगन्धाभ्यां तुल्यमुन्मत्तबीजकम् ।
तत्तैलमर्दितं सेव्यं द्विवल्लं [१] ससितापयः ॥१०५॥[१] ससितं निशि-इति प
मेहौघं नाशयेद्वीर्यं स्तम्भयेद्भावयेत्स्त्रियम् ।
रसः कामप्रदो नृणां मानिनीमानमर्दनः ॥१०६॥

Kajjalī sūtagandhābhyām tulyamunmatta bījakam
Tattailamarditam sēvyam dvivallam [1]sasitā payah - 105
Mēhougham nāśayēdvīryam stambhayēdrāvayēstriyam
Rasah kāmapradō nruṇām māninīmāna mardanah - 106

[1]*sasitam nisi* - variant reading

Add the powder of seeds and also the oil extracted from *Unmatta bīja* - Datura Metal to *kajjali*, grind and roll into pills of 720 mgs. This is administerd in the night with sugar. This arrests ejeculation and makes women ecstatic by promoting vigor in men.

प्रमेहे कामदो रसः ।

Kāmadō (The wishing) *Rasa* in Urinary disorders

हेमबीजविषवङ्गसूतकं हंसपादकरभं च जारणम् ।
नागवल्लिदलनीरभावितः कामदः सकलमेहनाशनः ॥१०७॥

Hēma bīja viṣa vaṅa sūtakam hamsapāda karabham ca jāraṇam
Nāgavallidalanīrabhāvitah kāmadah sakalamēha nāśanah - 107

Hēma bīja	- Seeds of Datura plant (Purified)
Viṣa	- Purified Aconitum ferox
Vaṅga	- *Bhasma* of tin
Sūtakam	- *Bhasma* of Mercury
Hamsapāda	- Purified Cinnabar
Karabham	- Roots of Anacyclus pyrethrum DC
Jaraṇam	- Ambergris

All these to be macerated in Betle leaf juice and rolled into pills. This cures all *mēhās* - the urinary disorders.

NOTE:

1. Proportions of the ingrediants have not been mentioned and hence equal parts to be taken.
2. The meaning - amber to the word *Jaraṇa* is not found in the dictionaries, but is one of the drugs used for *Jāraṇa Samskāra* - one of the purificatory methods of mercury. Refer chapter I for details. *Jāraṇa* Method is indicated to mercury and normally not to others. Dr. Indradev Tripathiji had indicated in his Hindi translation that *Jarana* process is to be done with these drugs.Pandit Hariprapannaji in his magnificient work *Rasa yōga sāgara*, translated it as Amber, which is adopted here. Amber is not indicated in *Mēhās*. This needs probing by the experienced Ayurvedists. This formula said to have been found in *Rasāyana Samgraha, Rasasāra Samgraha* too. The name assigned in the later is *Kanakasundari Rasa*.

सन्तानार्थं पुत्रपदो रसः ।

Putra prado Rasa for progeny

(The Son granting *Rasa*)

शुद्धसूतस्त्र्यहं स्वेद्यो मन्दाग्नौ दधि माहिषे ।
त्रुटित त्रुटिते दद्याद्दधि तुर्येऽहि चोद्धरेत् ॥१०८॥
तस्मिन् स्वर्णं क्षिपेत्प्राज्ञश्चतुषष्टितमांशकम् ।
मर्दयेन्निम्बुनीरेण यावदैक्यं हि जायते ॥१०९॥

पुनःसंस्वेद्य तं सूतं वटशुङ्गाहिवल्लिजैः ।
काकमाच्या च जीवन्त्या रसःस्याद्यामयुग्मकात् ॥११०॥
दिनं शीताम्बुकुम्भस्थं दिनैकं दधि माहिषे ।
एवं सिद्धरसाद्वल्लं प्रत्यहं ब्रह्मचर्यधृक् ॥१११॥
मासैकं सेवते भर्ता सितादुग्धौदनप्रियः ।
त्रिफलानिम्बकार्पासी रसेर्नारी क्रमात्पृथक् ॥११२॥
दिनानि सप्तसंख्यानि पीत्वा ऋतुसमागमे ।
रसं वल्लं त्र्यहं चैकं कार्पास्यम्बुसितायुतम् ॥११३॥
टङ्कणं स्फटिका सूत पक्वाम्लिकरसान्वितम् ।
त्रिदिनं मधुना योनेर्लेपं शुद्धिकरं परम् ॥११४॥
महिष्या दधिमध्यस्थं दिवा सूतं त्रिमाषकम् ।
स्त्रीसेवासमये रात्रौ भक्षयेद्दधिसंयुतम् ॥११५॥
संभोगान्ते तथा स्थेयं यामार्धं संपुटेन च ।
सर्वलक्षण संपन्नं सुतं जनयते वरम् ॥११६॥
तापादिके समुत्पन्ने देयं द्राक्षासितादिकम् ।
कार्यः शीतोपचारश्च युवत्या भिषजा सदा ॥११७॥
आयुवृद्धिं बलं कान्तिं नष्टवीर्यविवर्धनम् ।
कुर्याद्रोगहरः पुत्रप्रदो रुद्रविनिर्मितः ॥ ११८॥

Suddha sūtastryaham svēdhyō mandāgnou dadhni māhiṣē
Truṭitē truṭitē dadyāddadhi turyē ahni cōddharēt - 108
Tasmin svarṇam kṣipētprājnaścatuhṣaṣṭi tamāmśakam
Mardayēnnimbunīrēṇa yāvadaikyam hi jāyatē - 109
Punah samsvēdya tam sūtam vaṭśuṅgāhi vallijaih
Kākamācyā ca jīvantyā rasah syādyāmayugmakāt - 110
Dinam śītāmbu kumbhastham dinaikam dadhni māhiṣē

Ēvam siddharasādvallam pratyaham brahmacaryadhruk - 111
Māsaikam sēvatē bhartā sitādugdhoudanapriyah
Triphalā nimba kārpāsīrasairnārī kramatpruthak - 112
Dināni sapta sankhyāni pītvā rutusamāgamē
Rasam vallam tryham caikam kārpāsyambu sitāyutam - 113
Ṭaṅkaṇam sphaṭikā sūtam pakvāmlikarasānvitam
Tridinam madhunā yōnērlēpam śuddhikaram param - 114
Mahiṣyā dadhimadhyastham divā sūtam trimāṣakam
Strī sēvā samayē r ātrou bhakṣayēddadhi samyutam - 115
Sambhōgāntē tathā sthēyam yāmārdham samputēna ca
Sarvalakṣaṇa sampannam sutam janayatē varam - 116
Tāpādikē samutpannē dēyam drākṣasitādikam
kāryah sītōpacārasca yuktya bhiṣajā sadā - 117
Āyurvruddhim balam kāntim naṣṭavīrya vivardhanam
Kuryādrōgaharah putrapradō rudra vinirmitah - 118

Mercury is steam baked continuously for three days without break, in *Svēdana yantra* half filled with curds (Yoghurt) made of buffelo milk. Yoghurt is to be replenished immediately when dry. Collect on the fourth day when cool, add 1/64th part of purified pure gold with Lemon juice, macerate till they are mixed thoroughly. This mercury is again subjected to steaming process in *Svēdana yantra* with the following juices/decoctions :

1. *Vaṭa śunga* - Tender arial roots of banyan tree (Ficus benghalensis)
2. *Ahivalli* - Betel leaves - Piper betel Linn.
3. *Kākamāci* - Solanum nigrum (Whole plant)
4. *Jīvanti* - Leptadenia reticulata. This has been translated as *Arka puṣpi* in *Rasayōga sāgara*)

This mercury is collected and packed in a pouch of thick cloth. This pouch is kept submerged in cold water & yoghurt of Buffelo's milk for one day in each, collect and preserve.

Dose: 360 mgs.

Vehicle : appropriate to the ailment

Duration of treatment : One month

Precautions: Observance of celibacy

Diet:

For men : Rice with milk & Sugar only to be given and nothing else.

For women: The following are to be given starting from the seventh day before the menstrual cycle.

7th day - Decoction of Three myrobalans - Terminalia chebula, Terminalia bellirica & Gooseberry.

6th day- Juice of Neem leaves

5th day- Juice of Cotton leaves (Gossipium herbaceum)

4th day- Decoction of Three myrobalans - Terminalia chebula, Terminalia bellirica & Gooseberry.

3rd day- Juice of Neem leaves

2nd day - Juice of Cotton leaves (Gossipium herbaceum)

Dose for women: 2 gms. to be given in the night with buffelo's yoghurt, internally, before sexual intercourse.

External medication for women:

The processed mercury is again ground with Borax and Alum (all in equal parts). Add tamarind fruit pulp and again ground to a paste. This paste is applied on the vagina for three days prior to sexual intercourse to make the vagina free from all infections etc.

After the intercourse, both man and woman should stay supine on bed for 45 minutes. If this entire procedure is followed the woman will definitly conceive and deliver a son with all auspicious qualities.

If, during the course of medication temperature raises or burning sensation of body is felt, grape juice sweetened with sugar be given and in addition cold sponging to be done.

If this medication is taken for longer periods,promotes life, complexion, semen & wards off diseases. This is formulated by Lord *Rudra.*

NOTE: It may look confusing about the procedures & doses. Dose needs to be reviewed by experts to suit to the present times.

नेत्ररोगे दिव्यदृष्टिकरो रसः ।

Divya druṣṭikarō Rasa for Eye diseases.

(The *Rasa* which gives brilliant eye sight)

रसं नागाञ्जनं चन्द्रमेकैकव्द्यर्धभागकम् ।

सूक्ष्मचूर्णीकृतं नेत्रस्याञ्जनाद्दिव्यदृष्टिकृत् ॥११९॥

Rasam nāgāñjanam candramaikaikadvyrdha bhāgakam

Sūkṣma cūrṇikrutam nētrsyāñjanāddivyadruṣṭikrut -119

Rasam	- Purified mercury	-1part
Nāgam	- *Bhasma* of lead	- 1 part
Añjanam	- Galena (Antimony sulphide)	- 2 parts
Candra	- Purified camphor(Edible camphor)	- 1/2 part

All finely powdered and mixed thoroughly. This, if used as collyrium, wardsoff eye disorders and promotes brilliant eye sight.

NOTE: In Some translations, the word *Candra* was translated as *Bhasma* of Silver. It is to be examined whether this can be added.

उदररोगे सारणसुन्दर रसः ।

Sāraṇa sundara Rasa for Stomach disorders

(The *Rasa* which makes to flow freely)

सूतं गन्धं समं शुद्धं सप्तधा भावयेत् क्रमात् ।

स्युह्यार्कदुग्धैः श्रीखण्डद्वय[१]पथ्याभयारसैः ॥१२०॥ [१]श्यामा - इति पा.

समं नेपालजं चूर्णं देयमेकत्र मर्दयेत् ।

उष्णाम्बुना वल्लयुग्मं देयमष्टगुणे गुडे ॥१२१॥

मलाः पूर्वं जलं पश्चात्ततश्चामः शनैः शनैः ।
उदराच्चविनाऽन्त्राणि सर्वं निर्याति किल्बिषम् ॥१२२॥
जाते विरेके संशुद्धे पथ्यं दध्योदनं हितम् ।
जयेज्ज्वरादिकान् रोगान् रसः सारणसुन्दरः ॥१२३॥

Sūtam gandham samam śuddham saptadhā bhāvayēt kramāt
Snuhyarka dugdhaih srīkhaṇḍa dvaya pathyābhayārasaih- 120
Samam nēpālajam cūrṇam dēyamēkatra mardayēt
Uṣṇāmbunā vallayugmam dēyamaṣṭaguṇē guḍē- 121
Malāh pūrvam jalam paścāttataścāmah śanaih śanaih
Udarācca vinā antrāṇi sarvam niryāti kilbiṣam - 122
Jātē virēkē samśuddhē pathyam dadhyōdanam himam
Jayējjvarādikān rōgān rasah sāraṇa sundarah - 123

Purified mercury and purified sulphur in equal parts made into *kajjali* and ground seperately in -

1. *Snuhi* - Latex of Euphorbea nivulia
2. *Arka* - Latex of Calotropis

The *Kajjali* is again subjected to *Bhāvana* for seven times in each of the following decoctions.

1 & 2. *Śrikhaṇḍa dvaya* -Sandal duo -White and red Sandal woods.
3. *Pathyā / Syāmā* - Roots of Operculina turpethum
4. *Abhaya* - Fruit rinds of Terminalia chebula.

When done, add equal parts of purified Croton seeds, finely ground and rolled into pills of 700 mg.When required, one pill along with jaggary by 8 times ie., 6 gms approx. is given with hot water. This induces purging heavily. All that in intestines except intestines excreate, first fecal matter, followed by watery substance and finally the *Āma* - the undigested material in the shape of viscous foam. Intestines gets emptied. If the patient is hungry - to be fed with Rice with curds (Yoghurt) only. This *Sāraṇa sundara Rasa* not only induces purging but cures fever too.

NOTE:

1. Both the words *Pathya & Abhaya* refers to the same drug Terminalia chebula. Hence, Operculina is considered as per the variant reading in *Rasayōga sāgara.*
2. Some have translated the word *Nepalajam cūrnam* as *Bhasma* of Copper.

वमनकारक रसः ।

Vamanakāraka Rasa

(The *Rasa* which induces vomitting)

राढार्कौ मधुकं चैकसार्धद्विपञ्चभागकम् ।
टङ्कैकोऽम्बुयुतो दत्तो रसोऽयं वामकः स्मृतः ॥१२४॥

Rāḍhārkou madhukam caikasārdha dvi pañca bhāgakam
Ṭaṅkaikō ambuyutō dattē rasō ayam vāmakah smrutah 124

Rāḍhā - Fruit of Randia dumentorum Lamk. - 1 part
Arka - Root bark of Calotropis plant - one and a half part
Madhukam - Roots of Glycerhhiza glabra - 10 parts.

All powdered, mixed thoroughly and preserved.

Dose: 4 gms. with water. This Induces vomitting.

सन्निपातज्वरे उन्मत्ताख्यो रसः ।

Unmattākhyō Rasa in Typhoid

(*Rasa* with *Unmatta* - the Datura plant)

रसं गन्धं समं व्योषं मर्द्यमुन्मत्तकैर्दिनम् ।
उन्मत्ताख्यो रसो नाम नस्ये श्यात्सन्निपातजित् ॥१२५॥

Rasam gandham samam vyōṣam mardyamunmattakairdinam
Unmattākhyō rasō nāma nasyē śyātsannipātajit 125

Add powder of *Vyōṣam* - three pungents (dry ginger, Long and Black peppers) to the *kajjali* along with the juice of Datura leaves and grind for one day. Mercury, sulphur and the powder of three pungents shall be in equal parts.This powder -*Unmattākhya Rasa* is inhaled (Errhine therapy) to win over the *Sannipāta Jvara* (Typhoid)

NOTE: In other books, this gives relief in joint pains if used with proper vehicle - *anupāna.*

वामकेश्वर रसः।

Vāmakēśvara Rasa

(The best *Rasa* which induces vomiting)

ताम्रपत्रं गन्धलिप्तं वह्नौ तप्तं तु ताडितम् ।

तच्चूर्णं तक्रसंयुक्तं वल्लार्धं वामयेद्भृशम् ॥१२६॥

Tāmrapatram gandhaliptam vahnou taptam tu tāḍitam

Taccūrṇam takrasamyuktam vallārdham vāmayēdbhruśam 126

Paste made of Purified Sulphur with water is applied on very thin sheet of Pure & purified copper and dried. This is heated to red hot on fire and hammered. Powder that falls down is collected, mixed with buttermilk and given to drink to induce vomitting.

Dose: 180 mgs.

सन्निपातादौ संज्ञाप्रबोधनाञ्जनम् ।

Sanjā prabōdhanānjanam in Typhoids

(A collyrium which awakens the senses)

स्फटिका तुत्थ नेपालं मरिचं निम्बबीजकम् ।

पुत्रजीवकमज्जा च निम्बुके नार्क भाजने ॥१२७॥

भावना सप्त दातव्या गुटी गुञ्जामिताऽञ्जनात् ।

सन्निपातमपस्मारं विषं सर्पस्य नाशयेत् ॥१२८॥

Sphaṭikā tutha nēpālam maricam nimbabījam

Putrajīvaka majjā ca nimbukēnārka bhājanē -127

Bhāvanā sapta dātavyā guṭī guñjāmitā añjanāt

Sannipātamapasmāram viṣam sarpasya nāśayēt -128

Sphaṭikā - Alum
Tutha - Copper sulphate
Nēpālam - Purified Croton seeds
Maricam - Black pepper
Nimba - Neem seed kernals
Putrajīvaka - Kernals of Putranjiva roxburghii wall.

All in equal parts duly powdered, mixed, processed in *Bhāvana* for 7 times in a clean copper vessel with the Lemon juice and rolled into pills of 120 mg. This is ground as fine paste with few drops of water and used as collyrium to cure *Sannipāta Jvara* (Typhoid), epilepsy and Snake bite.

NOTE: Few translated the word *Nepalam* as *Bhasma* of copper. This collyrium creates severe burning in the eyes and the patient is brought to conciousness instantly.

स्वेदातिप्रवृत्तौ उद्वलनरसः ।

Uddūlana Rasa for excessive sweating

(The *Rasa* that to be sprinkled on)

आकल्लकं विषं कृष्णं हेमद्रुफल भस्मकम् ।

उद्धूलनं स्वेदहरमेक द्वि त्र्यष्टभागकैः ॥१२९॥

Ākallakam viṣam kruṣṇam hēmadruphala bhasmakam

Uddūlana svēdaharamēka dvi tryaṣṭa bhāgakaih -129

Ākallakam - Root of Anacyclus pyrethrum DC - 1 part
Viṣam - Purified Aconite - 2 parts
Kruṣṇam - Black pepper seeds - 3 parts.
Hemadruphala bhasmakam-Burnt ash of the fruits of Datura-8 parts.

All powdered, mixed well and preserved.This powder is sprinkled on the body and massaged well to arrest excessive sweating.

इति श्रीकायस्थचामुण्ड कृतायां रससङ्केतकलिकायां चतुर्थोल्लासः ।

Iti śrī kāyastha cāmuṇḍa krutāyām Rasa saṅkēta kalikāyām caturdhōllāsah

This is the end of the fourth *Ullhasa* (chapter) of *Rasa Saṅkēta Kalikā* written by *Cāmuṇḍa* belonging to *Kāyastha* sect

अथ पञ्चमोल्लासः ।

Fifth Chapter

अथातो गुटिकाधिकारः ।

The Chapter on *Guṭika* - Pills

सर्वरोगे जयागुटिका ।

Jayā Guṭika for all diseases

विषं व्योषं हरिद्राऽब्दं निम्बपत्रं विडङ्गकम् ।
गुटी छागाम्बुना बद्धा स्याज्जया योगवाहिका ॥१॥

Viṣam vyoṣam haridrā abdam nimbapatram viḍaṅgakam
Guṭi chāgāmbunā baddhā syāñjayā yōgavāhikā -1

Viṣam - Purified Tubers of Aconite
Vyōṣam - Three pungents (Dry ginger, Long and Black pepper)
Haridra - Turmeric - Tubers of Curcuma longa
Abdam - Tubers of Cyperus rotundus Linn.
Nimba patram - Neem leaves.
Vidangakam - Seeds of Embelia ribes.

All powders in equal parts/ground in Goat's urine till pill consistancy and rolled into pills. This is a *Yōgavāhi* and hence can be used in all diseases with proper vehicle.

NOTE:

1. The text said only *Yōgavāhi* and did not indicate any disease. Hence, it should be construed that being *Yōgavāhi* it can be given in any disease, with proper *anupāna* / vehicle to enhance it's therauptic value.
2. In other texts sulphur is added. In some others, mercury, sulphur and *Bhasma* of copper are also added. But, in all the texts, it was said as *Yōgavāhi*.
3. Since, this formula is efficacious in all diseases, is named as *Jayā*, the *Pārvati*, consort of Lord *Śiva*, a well wisher of all beings. *Jayā* is also the synonym for *Mahā Bhārata* war where the Truth or the *Dharma* won

कासादौ विजया गुटिका ।

Vijayā Guṭika | for coughs etc.
(The *Guṭi* that vanquishes)

सूतार्कायोविषं गन्धं विडङ्गाग्न्यब्दकेसरम् ।
रेणुका ग्रन्धिकं बोलं सर्वेषां द्विगुणं गुडम् ॥२॥
कोलप्रमाणां गुटिकां भक्षयेत्प्रातरेव हि ।
कासे श्वासे क्षये गुल्मे प्रमेहे विषमरज्वरे ॥३॥
शोफे पाण्ड्वामये कुष्ठे ग्रहण्यर्शोभगन्दरे ।
विजयागुटिका ह्येषा रुद्रप्रोक्ताऽधिका गुणैः ॥४॥

Sūtārkāyō viṣam gandham viḍaṅāgnyabdakesaram
Rēṇukā grandhika bōlam sarvēṣām dviguḍam guḍam -2
Kōlapramāṇām guṭikām bhakṣayētprātarēva hi
Kāsē śvāsē kṣayē gulmē pramēhē v iṣamajvarē -3
Śōphē paṇḍvāmayē kuṣṭē grahaṇyarṣō bhagandarē
Vijayā guṭikā hyēṣā rudraprōktā adhikāguṇē -4

Sūta - Purified mercury
Arka - *Bhasma* of copper
Viṣam - Purified tubers of Aconitum ferox Wall.
Gandham - Purified sulphur
Vidaṅga - Seeds of Embelia ribes Burm.f.
Agni - Root bark of Plumbago zeylanica
Abda - Tubers of Cyperus rotundus Linn.
Kēsaram - Stamens of Mesua ferra Linn.
Rēṇuka - This has not been identified. However, roots of Clitoria ternatea Linn. are being used.
Grandhikam - Roots of Premna herbacea Roxb.
Bōlam - Gum of Commiphora myrrh.

Prepare *kajjali* of mercury and sulphur of equal parts. All the other ingredients too be made as powders in equal parts added to *kajjali* and mixed. Add double the quantity of jaggary, grind again and roll into pills of *Kōla pramāṇa* -5 gms approx. This is

administered early in the morning along with suitable vehicle in cough, breathlessness, wasting disease, gastumor, urinary disorders, malarial fevers, swelling, anemia, skin diseases, piles and fistula. This is formulated by Lord *Rudra*.

NOTE: There is another formula with this name in *Rasa kāmadhēnu* in which *Bhasma* of copper is not included.

अर्शोरोगादौ शङ्करवटिका ।

Śankara Vaṭika in Piles etc.

(The pill named after Lord *Śankara*)

अङ्कोलाग्नी च गन्धोषणरसविषकं पित्तमाजं क्रमात्त -
त्सामुद्रं चार्कदुग्धैस्त्रिभिरथ पुटितं जम्भतोयैर्विमर्द्य ।
कृत्वा गुञ्जा समानामिषुशररसदिग्वह्निबाणेषुदिग्भि-
र्दद्याच्छ्लेष्मानिलार्शोज्वरजठरकफेतां वटीं शङ्कराख्याम् ॥५॥

Aṅkōlāgnī ca gandhoṣaṇa rasa viṣakam pittamājam kramāt
tsāmudram cārkadugdhaistribhiratha puṭitam jambhatōyai
rvimardya
Krutvā guñjā samānāmiṣu śararasadigvahni bāṇēṣu digbhirddy
a cchlēṣmānilārṣō jaṭhara kaphētām vaṭīm śaṅkarākhyam -5

Aṅkōla	- Roots of Alangium salvifolium	-5 parts
Agni	- Roots of Plumbago zeylanica	-5 parts
Gandha	- Purified sulphur	- 6 parts
Ūṣaṇa	- Black pepper	-10 parts
Rasa	- Purified mercury	- 3 parts
Viṣakam	- Purified tubers of Aconitum ferox Wall.	- 5 parts
Pittamājam	- Liver of Goat	- 5 parts
Pittam sāmudram	- Liver of fish	- 10 parts.

Mercury & sulphur to be made as *kajjali* and the fine powders of other ingredients added, processed in *Bhavana* in the latex of Calotropis plant for 3 times and dried. Again processed for 3 times with Lime juice and rolled into pills of 120 mg. If administered with suitable vehicle, phelgm *(Kapha)* and its disorders, fever and disorders of stomach vanish.

ग्रहण्यादौ शङ्खवटिका ।

The Pill made of *Śankha* - Conch Shell for Chronic Diarrhoea etc.

चिञ्चाक्षारपलं पटुव्रजपलं निम्बूरसैः कल्कितं
तस्मिञ्छङ्खपलं प्रतप्तमसकृन्निर्वाप्य शीर्णविधिम् ।
हिङ्गुव्योषपलं रसामृतबलीन्निक्षिप्य निष्कांशकान्
बद्धा शङ्खवटी क्षयग्रहणिकागुल्मांश्च शूलं जयेत् ॥६॥

Ciñcā kṣāra palam paṭuvrajapalam nimbūrasaih kalkitam
tasmiñchaṅkha palam prataptamaskrunnirvāpya śirṇāvadhim
Hiṅgu vyōṣa palam rasāmruta balīnnikṣipya niṣāmśakān
baddhā śaṅkhavaṭī kṣayagrahaṇikā gulmāśca śūlam jayēt6

1. *Ciñcā kṣāra* - alkali of Tamarind tree - 50 gms.
2. *Pañca Lavaṇa* -Quinary of salts-The five salts-50 gms. (10 gms. each)

All in powder form, mixed, ground in Lemon juice and made into a paste.

3. *Śankha* - the conch shell to be burnt, quenched in water and repeated till it reduces to powder. 100 gms. of this powder.
4. *Hiṅgu* - Asafoetida - fried in ghee - 50 gms.
5. *Trikaṭu* - Three pungents- Dry ginger, Long and Black peppers mixed in equal parts.- 50 gms.
6. *Kajjali* - Purified mecury and sulphur 3 grms. each made to *kajjali.*

All mixed, ground in a mortar and rolled into pills. This *Śankhavaṭi* cures Wasting disease *(kṣaya)*, Dysentery, Gastumour, colic etc.

कासे कासकर्तरी वटिका ।

Kāsa kartarī Vaṭikā for Coughs

(The pill that mitigates Cough)

रसं कृष्णाऽभया त्वक्षं वासा मार्गी क्रमोत्तरम् ।

तत्समं खादिरं सारं बब्बूलक्काथ भावितम् ॥७॥
एकविंशतिवारांश्च मधुनाऽक्षमिता वटी ।
कासं श्वासं क्षयं हिक्कां हन्तयेषा कासकर्तरी ॥८॥

Rasam kruṣṇā abhayā tvakṣam vāsā mārgī kramōttaram
Tatsamam khādiram sāram babbūlakvātha bhāvitam -7
Ēka vimśativārāmśca madhunā akshamitā vaṭī
Kāsam śvāsam kṣayam hikkām hantyēśhā kásakartari -8

Rasam	- Purified mercury	- 1 part
Kruṣṇa	- Long pepper	- 2 parts
Abhayā	- Furit rinds of Terminalia chebula	- 3 parts
Akṣam	- Fruit rinds of Terminalia bellirica	- 4 parts
Vāsā	- Leaves of Adhatoda vasika Nees.	- 5 parts
Mārgī	- Entire plant of Achyranthes aspera	-6 parts.
Khadira sāram	- Heart wood of Acacia catechu	- 21 parts.

All fine powders be mixed well in a mixer and processed in *Bhāvana* with decoction of wood of *Babbūla* (Acacia nilotica (Linn.) willd. ex.Del.ssp) for 21 times and rolled into pills of 5 gms.

Dose : one pill

Vehicle/*Anupāna* - Honey

Indications: Cough, Wasting disease & Hiccoughs.

शुलरोगे सूर्यप्रभावा वटिका ।

Sūrya Prabhāvā Vaṭikā for Colic pains

(The pill that burns off the colic like the effect/heat of the Sun)

व्योषग्रन्थि वचाग्निहिङ्गुजरणद्वन्द्वं विषं निम्बुक-
द्रावैरार्द्रकजै रसैर्विमृदितं तुल्यं मरीचोपमा ।
वर्तिः सा विनिहन्ति शूलमखिलं सर्वाङ्गजं मारुतं
वह्निं चाशु करोति वाडव समं सूर्यप्रभावाभिधा ॥९॥

Vyōṣagranthi vacāgni hiṅgujaraṇa dvandvam viṣam nimbuka
drāvairardrakajai rasairvimruditam tulyam maricōpamā
Vartih sā vinihanti śūlamakhilam sarvāṅgajam mārutam
Vahnim cāśu karōti vāḍav samam sūryaprabhāvābhidhā -9

Vyōṣam	- Three pungents (Dry ginger,Long and Black pepper)
Grandhi	- Roots of Premna herbacea Roxb.
Vaca	- Rhizomes of Acorus calamus
Agni	- Roots of Plumbago zeylanica
Hiṅgu	- Asafoetida fried in ghee
Jaraṇa dvandva	- The two cumins, White and Black 1. Cuminum cyminum Linn. 2. Nigella sativa Linn.
Viṣam	- Tubers of Aconitum ferox Wall. duly purified

All finely powdered mixed in equal parts, processed in *Bhāvana* with the juices of *Nimbuka* (Lemon fruit) and *Ārdraka* (Raw ginger) and rolled into pills. This remedies colic and all *vāta* disorders. This is effective like *Baḍabānala Rasa.*

प्रमेहे चन्द्रकला गुटिका ।

Candrakalā Guṭikā in Urinary disorders

(The Pill which has digit of moon)

एला सकर्पूरसिता सधात्री जातीफलं शाल्मलिगोक्षुरौ च ।
सूतेन्द्रवङ्गायसभस्म सर्वमेतत्समानं परिभावयेच्च ॥१०॥
गडूचीका शाल्मलिका कषायैर्निष्कार्धमाना मधुना ततश्च ।
बद्धा गुटी चन्द्रकलेति संज्ञा मेहेषु सर्वेषु नियोजनीया ॥११॥

Ēlā sakarpūra sitā sadhātrī jātīphalam śālmali gōkṣurou ca
Sūtēndravaṇgāyasa bhasma sarvamētatsamānam paribhāvayēcca 10
Guḍūcī kāśālmalikā kaṣāyai rniṣkārdhamānā madhunā tataśca
Baddhā guṭī candrakalēti sanjā mēhēṣu sarvēṣu niyōjanīyā - 11

Ēlā	- Cardamom seeds
Karpūra	- Edible Camphor
Sitā	- Sugar

Dhātrī - Fruit rinds of Gooseberry
Jātiphalam - Nugmeg
Śālmalī - Gum of Bombax malabaricum DC
Gōkṣura - Root of Tribulus terrestris Linn.
Sūtēndra - Mercury (purified)
Vaṅga - *Bhasma* of tin
Ayasa Bhasma - *Bhasma* of iron

All powders and *Bhasmas* in equal parts, processed *Bhāvana* once in each with the juices/ decoctions of :-

Guḍūcī - Root of Tinospora cordifolia and
Śalmalī - Gum of Bombax malabaricum

Rolled into pills of 1440 mg.

Vehicle / *Anupāna* - Honey

Indications: All *mēhas* - Urinary disorders.

क्लैब्ये भोगपुरन्दरी गुटिका ।

Bhōgapurandarī Guṭikā for impotency

(The pill that makes the man enjoy the bliss of sex)

हिङ्गुलं च चतुर्जातं लवङ्गौषधचन्दनम् ।
जातिजं केसरं कृष्णा त्वाकल्लमहिफेनकम् ॥१२॥
कस्तूरीन्दु समं सर्वं तत्समे विजयासिते ।
क्षौद्रैः कोलमिता कार्या गुटी भोगपुरन्दरी ॥१३॥
शुक्रस्तम्भकरी ह्येषा बलमांसविवर्धिनी ।
नरश्चटकवद्गच्छेच्छत वारं स्थिरेन्द्रियः ॥१४॥

Hiṅgulam ca caturjātam lavaṅouṣadha candanam
Jātijam kēsaram kruṣṇā tvākalla mahiphēnakam - 12
Kastūrindu samam sarvam tatsamē vijayāsitē
Kṣoudraih kōlamitā kāryā guṭi bhōgapurandarī - 13
Śukra stambhakarī hyēṣā balamāmsa vivardhinī
Narasćaṭakavadgacchēcchata vāram sthirēndriyah - 14

Hiṅgulam - Cinnabar
Cāturjātam -a group of four drugs.1.Cardamom seeds, 2. bark

of Cinnamomum zeylanicum 3. Flower buds of Mesua ferra Linn. and 4. leaves of Cinnamomum tamala Nees.

Lavaṅga - Cloves
Ouṣadha - Dry Ginger
Candanam - Sandal wood
Jātijam - Nutmeg
Kēsaram - Saffron
Kruṣṇā - Long pepper
Ākallaka - Root of anacyclus pyrethrum DC
Ahiphēnakam - Opium (Purified)
Kastūrī - Musk
Indu - Edible camphor

All in equal parts. Add sugar by half the weight of all (Seven and a half parts) and seven and a half parts of leaf powder of Cannabis sativa, mix well, finely grind, add honey and again grind to pill consistancy. Roll pills of the size of Ziziphus fruit & dry in shade. This stops ejeculation. improves flesh and strength. Very effective asphrodisiac. This makes the man to enjoy sex several times like that of sparrow.

नागार्जुनी गुटिका ।

Nāgārjunī Guṭikā

(This is named after the Great Alchemist of yore *Nāgārjuna*)

वङ्गं कासीसकं कृष्णा गुञ्जातुल्याऽऽर्द्रकाम्बुना ।
कफवातामयं हन्ति गुटी नागार्जुनाभिधा ॥१५॥

Vaṅgam kāsīsakam kruṣṇā guñjā tulyā ārdrakāmbunā
Kaphavātāmayam hanti guṭī nāgārjunābhidhā - 15

Vaṅgam - *Bhasma* of tin
Kasīsakam - *Bhasma* of Green vitreol - Ferrous sulphate
Kruṣṇa - Long pepper

All equal parts processed in the juice of Raw ginger, rolled into pills of 120 mg. This is to be given with the juice of Raw ginger to treat *Kapha & Vāta* disorders

विषरोगे महामृत्युञ्जया गुटिका ।

Mahā Mrutyunjayā Guṭikā in toxic diseases

(A better pill named after the conqueror of death, Lord *Śiva*)

त्रिफलाविडङ्गसोमा भल्लातक वह्निविश्वानाम् ।
अष्टौ शुक्लवचाया भागा स्युः सद्विषस्यैकः ॥१६॥
एतत्सर्वं गोजलपिष्टं वटिकास्तु चणकाभाः ।
छायाशुष्का देया त्रिव्द्येकचतुः क्रमाद्विज्ञैः ।
सार्पविसूचिगदार्ते दुष्टाजीर्णहते त्रिदोषेऽपि ।
सद्यो जीवति पुरुषो मृतोऽपि गुटिकाप्रभावेण ॥१७॥

Triphalā viḍaṅga sōmā bhallātaka vahni viśvānām
Aṣṭou śuklavacāyā bhāgā syuh sadviṣasyaikah - 16
Ētatsarvam gōjalapiṣṭam vaṭikāstu caṇakābhāh
Chāyāśuṣkā dēyā tridvyēka catuh kramādvijnaih
Sārpaviṣūcigadārtē duṣṭājīrṇahatē tridoṣē api
Sadhyō jīvati puruṣō mrutō api guṭikaprabhāvēṇa - 17

Triphala	- Three myrobalans - (Terminalia chebula, Terminalia bellirica & Gooseberry)	- 1part each
Viḍaṇga	- Fruits of Embelia ribes	- 1 part
Sōma	- This could not be identified.	- 1 part
Bhallātaka	- Marking nut (Purified) - Semecarpus anacardium Linn.f.	- 1 part
Vahni	- Roots of Plumbago zeylanica	- 1 part
Viśva	- Dry ginger	- 1 part
Śukla vaca	- White variety of Acorus calamus	- 8 parts
Viṣa	- Aconite tubers duly purified	- 1 part

All powdered, mixed, ground with cow's urine, rolled into pills of size equal to Cicer arientinum Linn. seed and dried in shade

Dose: 3 pills in snake bite and Cholera

4 pills when all the thee *dōṣās* are vitiated

1 pill in obstinate indigestion.

If given to a patient who is about to die will be free from the ailment.

उन्मादे कितव वटिका ।

Kitava vaṭikā for insanity

(This is named after *Kitava*, the Datura plant, the main ingredient)

मूलेन पत्रेण फलेन वाऽपि व्योषान्विता या कितवोद्भवेन ।
बद्धा गुटी सा सहसैव हन्ति सोन्माददोषत्रयदुष्टवातान् ॥१८॥

Mūlēna patrēṇa phalēna vā api vyōṣānvitāyā kitavōdbhavēna
Baddhā guṭi sā sahasaiva hanti sōmādadōṣatrayaduṣṭavātān 18

Make pills of Datura root or leaf or fruit added to equal part of Three pungents (Dry ginger, Long and black peppers) put together. This *Kitava vaṭikā* will chase instantly, the insanity coupled with ailments due to vitiation of all the three *dōṣās*.

अलर्कविषहा गुटिका - *Alarka viṣahā Guṭikā*

(Pill that exterminates the poison of mad dog)

कट्फलाम्बुगिलं कृष्णां हिङ्गलं बोल टङ्कणम् ।
गुडेन गुटिका शाणमिता सा नवमेऽहनि ॥१९॥
उष्णोदकेन दातव्या सद्योऽलर्क विषापहा ।
गरभृङ्गोषणं चूर्णं साज्यं वा तद्विषापहम् ॥२०॥

Kaṭphalāmbu gilam kruṣṇām hiṅgulam bōlam ṭaṅkaṇam
Guḍēna guṭikā śāṇamitā sā navamē ahani - 19
Uṣṇōdakēna dātavyā sadhyō alarka viṣāpahā
Garabhuṅgōṣaṇam cūrṇam sājyam vā tadviṣāpaham - 20

Kaṭphalam	- Bark of Myrica nagi Thumb.
Ambu	- Tubers of Cyperus rotundus Linn.

Gilam - Bark of Lemon tree
Kruṣṇā - Long pepper
Hiṅgula - Cinnabar
Bōlam - Gum of Commiphora myrrha.
Taṅkaṇam - Dehydrated Borax

All powders in equal parts, ground in *Guḍa* - the jaggary and rolled into pills of 4 gms.approx. To be administered on the ninth day after the mad dog's bite, in the early morning with hot water, to nullify the toxicity.

Alternately, *Gara* (Aconite), *Bhruṅga* (Eclipta alba) and black pepper in equal parts with honey be given.

सन्निपाते मृतसञ्जीवनी गुटिका ।

Mrita Sañjīvanī guṭikā

(The pill that revives the dead)

रसराज शुल्ब गन्धक सुरतिक्तै: पीतभृङ्गमरिचैश्च ।
ब्राह्मीद्वितयरसाढ्या गुटिका: कार्याश्च चणकाभा: ॥२१॥
एका देया प्रथमं त्रिदोषविकलस्य मूर्च्छितस्यापि ।
अनया मुहूर्तपरत: प्रहरादन्याऽपरा नैव ॥२२॥
जीवति मृतोऽपि पुरुषस्त्रिदोषजान्विततन्द्रिकायुक्त: ।
श्रीनागार्जुन गदिता गुटिका मृतसञ्जीवनी ख्याता ॥२३॥

Rasarāja śulba gandhaka suratiktaih pītabhruṅga maricaiśca
Brāhmīdvitaya rasāḍhyā guṭikāh kāryāśca caṇakābhāh -21
Ēkādēyā prathamam tridōṣa vikalasya mūrcchitasyāpi
Anayā muhūrta paratah praharādanyā aparā naiva -22
Jīvati mrutō api puruṣastridōṣa jānvita tandrikā yuktah
Srī nāgārjuna gaditā guṭikā mruta sañjīvanī khyātā -23

Rasarāja - The king of *Rasas* - Mercury (Purified)
Śulba - *Bhasma* of Copper

Gandhaka - Purified sulphur
Sura - Heartwood of Cedres deodara
Tikta - Swetia chirata Buch.Ham or Andrographis paniculata nees. (entire plant)
Pīta bhruṅga - Yellow flowered *Bhringa* . The plant is yet be identified scientifically on ayurvedic lines.
Marica - Black pepper

Make *kajjali* of mercury and sulphur, mix all the powders of one after the another, grind with the juices of *Brāhmī dvitaya* - Centella asiatica and Bacopa munneiri, roll into pills of the size of Ziziphus fruit and dry in shade. When the patient is unconscious due to vitiation of all the three *dōṣās*, one pill is to be administered by disloving in water or any other suitable liquid. Administer another pill after 48 minutes (one *muhūrta*). The patient regains consciousness. If, otherwise, administer another pill after 48 minutes. In diseases due to vitiation of three *dōṣās* with drouwsiness/ weariness/trembling, this *Rasa* is given. This formula is of the great alchemist *Nāgārjuna*.

ज्वरनाशिनी गुटिका ।

Jvaranāṣinī guṭikā

(The pill that destroys fever)

एल्वालुकाभया बोलमिन्द्रा गुग्गुलु संयुता ।
सुहीक्षीरेण गुटिका शोधनी ज्वरनाशिनी ख्याता ॥२६॥

Ēlvālukābhayā bōlamindrā guggulu samyutā
Snuhīkṣīrēṇa guṭikā śodhanī jvaranāśinī khyāta -26

Elvālukam - Entire plant of Mukia maderaspatana
Abhayā - Fruit rinds of Terminalia chebula
Bōlam - Gum of Commiphora myrrha
Indra - Entire plant of Hygrophila auriculata
Guggulu - Gum resin of commiphora weitii.

All equal parts ground in the latex of *Snuhī* - Euphorbia nerilifolia Linn. and rolled into pills.This clears off all toxins in the body and reduces fever.

नेत्ररोगे नागार्जुनी वर्तिका ।

Nāgārjuna vartikā in Eye diseases

This formula is very much acclaimed in the world of *Āyurvēda*. It was said that an exponent of ayurveda got this written on a stone pillar in *Pāṭaliputra* (now Patna) a noted seat of learning. It is named after *Nāgārjuna*.

The text of this formula is found in several texts of ayurveda viz. *Rasakāmadhēnu , Rasaratnākara, Vaṅgasēna, Bhaiṣajyaratnāvaḷi, Cakradatta, Gada nigraha* etc.etc. All these texts would have either copied from the inscription of the stone pillar of Patna or from the text who copied it first. Hence, there should be no change in the text, unless the author makes an improvement or remove the ambiguity in identification of the ingredients. This author - *Kāyastha cāmuṇḍa* made a change, but created much more confusion.

In the original text, an ingredient *Prapouṇḍarīka* was mentioned whose identity is yet to be assessed correctly. *Kāyastha cāmuṇḍa* , had replaced *Prapouṇḍarīka* by *Varam*. This word stands for several herbals as per *Nighanṭu* (the dictionaries of Ayurveda) viz. Saffron, ginger, Cinnamom bark, Rock salt, Stribnites *(Sovvirāñjana)*, Khus Khus, Mimosops pareira Linn., Hibiscus rosa sinensis Linn., Turmeric, male plant of Momordica chioica Roxb., liquor, Clitoria ternatea Linn, Psoralea corylifolia Linn., Bacopa munneiri, Emblia ribes, Withania somnifera, etc.etc.. Selection one from these can only be done by experimentation OR experience.

The author instead of clearing the ambiguity, created more confusion. The author created confusion not only in this formula but also in the next recipe by using the same word - *varam*. The next formula is *Supracētana guṭikā*. In *Bhārata Bhaiṣajya Ratnākara* while translating this formula into Hindi, the word *Varam* was translated as Rock Salt. The Indian Medical practitioners Coop. Society and Pharmacy's publication *Vaidya yōga Ratnāvaḷi* adopted a tuber *" meṭṭa tāmara Dumpa "* in Telugu language in place of *Prapouṇḍarīṁka*, whose botanical name is not made known.

Had this formula is an inscription on stone, a facsimile could have been published in any one of these books.

Another confusion created by this author is that the *Sindhūtha* is replaced by *Vārijam*. *Sindhūtha* literally means, the one which is a product of *Sindhu*.

the word *Sindhu* stands for the Sea and a province called by that name. Rock salt is said to have been found in this area and hence, Rock Salt is generally adapted by this word. The replaced word is *Vārijam* also means that which is born of water (*vāri*), the prominent being the Salt.

However, the author had created much more confusion, while replacing the controvertial drug *Prapouṇḍarīka*

वरा व्योषं वरं तुत्थं यष्टी वेल्लार्क वारिजम् ।
रोध्रं रसाञ्जनं चूर्णं वर्तिः कार्या नभोम्बुना ॥२५॥
सद्योऽक्षिकोपं स्तन्येन तिमिरं रोध्रतोयतः ।
किंशुकस्य रसाद्धन्तिपिल्लं पुष्पं च रक्तताम् ॥२६॥
पटलं बस्तमूत्रेण स्तम्भे पाटलिपत्तने ।
नागार्जुनेन लिखिता सर्वनेत्रामयापहा ॥२७॥

Varā vyōṣam varam tutham yaṣṭi vēllārka vārijam
Rōdham rasāñjanam cūrṇam vartih kāryā nabhōmbunā -25
Sadyō akṣikōpam stanyēna timiram rōdhra tōyatah
Kimśukasya rasādhanti pillam puṣpam ca raktatām -26
Paṭalam basta mūtrēṇa stambhē pāṭali pattanē
Nāgārjunēna likhitā sarvanētrāmayāpahā -27

Varā - Three myrobalans - Terminalia chebula, Terminalia ballirica and Gooseberry.
Vyōṣam - Three pungents- Dry ginger, Long and Black peppers.
Varam - See Explanatory notes given above
Tutham - Blue Vitreol - Copper sulphate
Yaṣṭi - Roots of Glycyrrhiza glabra Linn.
Vēlla - Seeds of Embelia ribes Burm.f.
Arka - *Bhasma* of Copper
Vārijam - See the explanatory notes given above
Rōdhram - Wood of Symplocos recemosa Roxb.
Rasāñjanam - There are two drugs by this name. One is Yellow oxide of mercury and the other is a dried powder of the decoction of the wood of Berberis aristata processed in goat's milk. This is

used in this recipe.

All these to be powdered, mixed in equal parts, ground with *Nabhōmbu* - rain water (distilled water can be used), made into wick shaped capsules & dried in shade. This is again ground when required with suitable liquids noted below and applied as collyrium.

Redness of eyes - with breast milk.

Timiram - Amaurosis - Decoction of the bark of Symplocos racemosa Roxb.

Pilla - a kind of eye ailment. Probably, stickyness in the eyelids;

Puṣpam- Opacity of the cornea and Raktata- Redness of eyes - with the juice of the bark of Butea monosperma

Paṭalam -Diseases of *Paṭala* - with sheep's urine

सन्निपाते सुप्रचेतना गुटिका ।

Supracētana Guṭikā

(The pill that brings movement quickly)

व्योषं वरा वरं हिङ्गु तिक्तोग्रा नक्तमालकः ।

गौरी कटुत्वजामूत्रैश्छायाशुष्का गुटी कृता ॥२८॥

अपस्मारं स्मृतिभ्रंशमुन्मादं शिरसो रुजम् ।

नक्तान्ध्यं तिमिरं हन्ति दोषं भूतादिकं भ्रमम् ॥२९॥

एक द्वि त्रि चतुर्थाख्यमञ्जनाज्वरमेव च ।

सन्निपातं त्वचैतन्यं नाशयेत्सुप्रचेतना ॥३०॥

Vyōṣam varā varam hiṅgu tiktōgrā naktamālakah

Gouri kaṭutvajāmūtraiścāyāśuṣkā guṭīkrutā -28

Apasmāram smrutibhramśa munmādam śirasō rujam

Naktāndhyam timiram hanti dōṣam bhūtādikam bhramam -29

Ēka dvi tri caturthākhyamañjanājjvaramēva ca

Sannipātam tvacaitanyam nāśayētsupracētanā -30

Vyōṣam - Three pungents-Dry ginger, long and Black peppers.

Varā - Three myrobalans - Terminalia chebula, Terminalia bellirica and Gooseberry.

Varam - See the explanatory notes in the previous formula - can be Rock salt.

Hiṅgu - Asafoetida (fried in Ghee)

Tikta - Roots of Picrorhiza kurroa

Ugra - Roots of Acorus calamus Linn.

Naktamālaka - Seeds of Pongamia pinnata

Gouri - Turmeric powder

Kaṭu - Mustard seeds (Some opine white mustard seeds)

All powders in equal parts, mixed, ground with Goat's urine, rolled into pills and dried in shade.

Applied as collyrium in epilepsy, loss of conciousness, insanity-madness, Head ache, Night blindness, Amourosis, Ailments due to spririts, Vertigo, Fevers that occur once in one, two & three days, unconciousness due to vitiation of all the three *dōṣās*.

Note: In *Rasa kāmadhēnu* Picrorrhiza kurroa is missing. In one translation *Gouiri & kaṭu* have been considered as one word as White mustard.

ज्वरनाशनो विरेकः ।

Purgetion as Febrifuge

सैन्धवेन युतं वज्रीक्षीरमग्निविपाचितम् ।

द्विवल्लमुष्णकैः पीतं विरेकाज्ज्वरनाशनम् ॥३१॥

Saidhavēna yutam vajrīkṣīramagni vipācitam

Dvivallamuṣṇakaih pītam virēkā jjvara nāśanam -31

Saindhava - Rock salt is to be cooked with the latex of

Vajrī - Euphorbia nevulifolia till it becomes dry.

Dose: 350 mg. with hot water

Indications: Purges and reduces the temperature.

वमनकारको रसः ।

The *Rasa* that induces vomiting

लवणं भानुदुग्धेन सकृद्भावित मातपे ।

गव्येन पयसा पीतं कर्षार्धं वान्तिकारकम् ॥३२॥

Lavaṇam bhānudugdhēna sakrudbhāvitamātapē

Gavyēna payasāpītam karṣardham vāntikārakam -32

Lavaṇam - Common salt macerated and dried in the latex of *Bhānu Dugdha* - Calotropis plant and administered with *Gavya* - Cow's milk to induce vomitting. Dose is half a *tōla* - 5 gms. approx.

वातरोगादौ महद्धातारि तैलम् ।

Mahadvātāri Tailam for *Vāta* Diseases

(The Great oil which antagonise the ill effects of *Vāta*)

सूतेन्द्रं बलितालकं च कुनटी खल्वे समांशं दिनं
सौवीरेण विमर्द्य तेन वसनं वर्तीकृतं लेपयेत् ।
तैलेन प्रविलेपितं च बहुशो वह्निं ततो दीपयेत्त
स्माद्यद्गलितं तु तैलमसितं तेनाङ्गलेपः कृतः ॥३३॥
जङ्घबाहुकराग्रपादशिरसां कम्पानशेषाञ्जयेत्कुष्ठं
तीव्र भगन्दरं व्रणगळान्रोगान्महागृध्रसीम् ।
अन्यान् रोगगणांश्च वातजनितान्नाडीव्रणान्दुस्तरान्
विख्यातं भुवनत्रये गदहरं वातारितैलं महत् ॥३४॥

Sūtēndram bali tālakam ca kunaṭi khalvē samamśam dinam
souvīrēṇa vimardya tēna vasanam vartīkrutam lēpayēt
Tailēna pravilēpitam ca bahuśō vahnim tatō dīpayētta
smādyadnaliptam tu taila msitam tēnāṅga lēpah krutah -33
Jangha bāhu karagra pāda sirasām kampanaśēṣāṅjayētkuṣṭam
tīvra bhagandaram vraṇa gaḷānrōgānmahāgrudhrasīm
Anyān rōgaganāmśca vātajanitānnāḍīvraṇāndustarān
vikhyātam bhuvanatrayē gadaharam vatāri tailam mahat-34

Sūtēndra - Purified mercury
Bali - Purified sulphur
Tālakam - Purified Yellow orpiment of mercury
Kunaṭi - Purified Realgar

Prepare *kajjali* of mercury and sulphur and mix the powders of Yellow orpiment and realgar and mix well in mortar. Add *kāṅjikam* (sour *Kāñji*), grind to make a paste like, apply on to a strip of cloth, roll like a wick, and dry. Soak in gingely oil well. Hold this wick on top end with a suitable tool, say, a pair of tweezers. Light the lower end to burn. Due to the heat the oil in the wick drops down. Collect these drops and preserve. This oil is to be massaged on thighs, arms, hands, feet, and head to get rid off -

Kampa - Chorea
Kuṣṭha - Skin diseases
Bhagandaram - Fistula
Vraṇa - Chronic wounds
Gridhrasi - Sciatica
Nāḍivraṇa -Sinus/Fistula

This is an unique formula famous in all the three worlds.

कर्णरोगे कर्णामृतं तैलम् ।

Karnāmrita Tailam

(Nectarean Oil for Ears)

रामठं निम्बपत्राणि फेनः सागरसंभवः ।
एतानि समभागानि तद्वद्देयं सितं विषम् ॥३५॥
गोमूत्रेण समायुक्तं कटुतैलं विपाचयेत् ।
तेनैव पूरयेत्कर्णं नरकुञ्जरवाजिनाम् ॥३६॥

Rāmaṭham nimbapatrāṇi phēnah sāgarasambhavah
Ētāni samabhāgāni tadva ddēyam sitam viṣam
Gōmūtrēṇa samāyuktam kaṭutailam v ipācayēt
Tēnaiva pūrayētkarṇam nara kuñjara vājinām -36

Rāmaṭham	- Asafoetida
Nimba Patra	- Neem leaves
Phenah Sāgara Sambhava	- Foam of the Sea. This was identified as the bone of cuttlefish. Generally used to clean glass.
Sitam Viṣam	- Few opined that these are two words. *Sitam* and *Viṣam*. *Sitam* is Sugar and *Viṣam* is Aconite. If con sidered as one word. Poisonous ma terial which is white in colour.

All in equal parts, ground as paste. Add mustard oil, cow's urine and process as per the methods prescribed for preparations of medicated oils. Filter and preserve. This oil when used as ear drops, cures all ailments of the Ears not only to humans but to Elephants and horses too.

If annointed on the head, ailments like head ache etc. get cured. This is formulated by the *Brahma*, the Creator of the Universe.

राजवल्लभधूपः ।

Rājavallabha Dhūpa

(A fumigation for the use by the Kings)

कस्तूरीन्दुश्च बाह्लीकं नखं मांसी च सर्जकम् ।
मुस्ताऽगुरु सिता सर्वं क्रमवृद्धं समं पुरम् ॥३८॥
स्तोकं स्तोकं क्षिपेत्तैलं दिनैकमथ कुट्टयेत् ।
वर्तिं निर्वापयेद्दीप्तां दिव्यं धूमं विमुञ्चति॥३९॥
सर्वदानप्रियः सर्वमन्त्र सिद्धिप्रदायकः ।
स्नाने वस्त्रे रतागारे धूपोऽयं राजवल्लभः ॥४०॥
(भ्वग्नितिथिमिते वर्षे (१५३१)चामुण्डो योगिनीपुरे ।
रससङ्केतकलिकां कृतवानिष्ट सिद्धिदाम् ॥४१॥

Kastūrīndusca bāhlīkam nakahm māmsī ca sarjakam
Mustā aguru sitā sarvam kramavruddham samam puram -38
Stōkam stōkam kṣipēttailam dinaikamatha kuṭṭayēt
Vartim nirvāpayēddīptām divyam dhūmam vimuñcati -39
Sarva dēva priyah sarva mantra siddhipradāyakah
Snānē vastrē ratāgārē dhūpō ayam rājavallabhah -41

(Bhvgni tithi mitē varśē (1531) cāmuṇḍē yōginīpurē
Rasa saṅkēta kalikām krutavaniṣta siddhidām -42

Kastūrī	- Musk	- 1 part
Indu	- Edible camphor	- 2 parts
Bāhlīkam	- Saffron	- 3 parts
Nakham	- An aromatic substance by that name- 4 parts	
Māmsi	- Root of Nardostachys jatamansi DC - 5 parts	
Sarjakam	- Gum of Vateria indica Linn.	- 6 parts
Mustā	- Tuberous roots of Ciperus rotundus Linn.- 7 parts	
Aguru	- Wood of Aquilaria agallocha Roxb. - 8 parts.	
Sitā	- Sugar	-9 parts.

All these powders, pounded slowly, adding oil drop by drop till it becomes a paste to roll into wicks. Dry and preserve. This is used for fumigation which has an excellant aroma, liked by Gods. It induces concentration while chanting hymes. This is used to scent in bath, clothing, bedrooms etc.etc..

इति नैगमज्ञातीयकास्थचामुण्ड कृतायां रससङ्केतकलिकायां पञ्चसोल्लासः ।
समाप्तेयं रसकङ्केतकलिका।

End of Fifth *Ullāsa* (Chapter) and the end of *Rasa Saṅkēta Kalikā of Kāystha Cāmuṇḍa.*

*****

GLOSSARY OF FEW OF THE TECHNICAL TERMS USED IN TEXT.

NOTE: Most of the terms have been described in the text at the relavent places. But, to make the reader, new to the subject, they are being explained here, as an introduction.

Apunarbhava: That which cannot be revived back to life. This is one of the five tests stipulated for assessing whether the *māraṇa* of a metal/mineral is done properly and that the *Bhasma* can safely be administered on human beings. The *Bhasma* is ground with jaggary, kernels of Abrus seeds, Borax, Honey and Ghee to make a paste. These five ingredients are called *Mitra Pancaka* . This paste is kept in a crucible and burnt in Goldsmith's furnace. If the *Bhasma* has not returned to metal/mineral state it is said to have passed the test.

Bhāvana - This is the process to triturate the drugs. In this process there are two ingredients.
One is the drug to which the *Bhāvana* is to be done and another is the liquid with which *Bhāvana* is done.
The liquid can be *Svarasa* - the juice expressed out of raw drug or decoction of dried drug.
Quantities: The quantity of the powder can be as required. The quantity of the liquid shall, as much as it can wet the entire quantity of the powder unless specified.
The powder is thus soaked in the liquid over night and dried in the sun the next day morning. By evening the powder shall be dry. Otherwise, it is ground till it is dry. Again add the liquid and soak overnight and the procedure is repeated, for the stipulated number of times. This is *Bhāvana.*

Bhūputa: The crucible/container containing the material is kept in the pit excavated and burnt with dung cakes. Since the material is kept inside *Bhū* = earth, is called *Bhūputa*

Bhūdhara yantra - This is one of the apparatus used to bake mercury. Mercury is kept in a crucible and its mouth sealed and dried. The crucible is burried in a pit excavated for the purpose, filled with sand to its neck. On its top dung cakes are burnt.

Bandha - Literal meanings are many viz. A tie, bond, fillet, chain, fetter, imprisioning, confinement, catching, capturing, agreement etc.. But in this context, it is meant to denote, making the swifty mercury motionless, and fecilitate collection by hand.

Bhasma - This is the unique process in *Āyurvēda* to reduce metals/minerals to powder form, free from toxins, in a manner that the *bhasma* cannot be brought back to their original metal/mineral state by any means. Five tests are stipulated to assess the *bhasmas* that they are made perfectly and that can safely be used on humans. They are - *Vāritara, Rēkhāpūrna, Apunarbhava, Uttama,* and *Nirutha.* See the details under the respective headings

Gaja puṭa: This is one among several types of *puṭa s.*. Dung cakes are packed in a pit of about 50 Cms. cube below the ground level. The crucible containg the material is placed on it and covered with half the quantity of dung cakes packed underneath (in the pit) and burn. This is *Gaja puṭa.*

Juice - See *Svarasa*

Jāraṇa & Bīja - To make the mercury to eat/absorb and digest the *bīja* is called *jāraṇa. Bīja* is seed that sown in the mercury and digested/absorbed by the mercury. Pure Gold and Silver are called *Bīja s. jāraṇa* is of two types - *Samukah* (with face) and *nirmukha* (without face). Adding 1/64th part of *Bīja* (Gold or silver) to mercury is called *mukha* - the face. If the *Bīja* is added before adding other metals to mercury is called *Samukah jāraṇa* and adding metals without the *Bīja* is called *nirmukha*

jāraṇa.

Kajjali - When mercury and sulphur in stipulated proportions when ground to a very black powder as that of collyrium without adding any other liquid is called *kajjali*. This *Kajjali* shall be free from shining particles of the mercury.
This is also one of 25 *Bandhas*. (See *Bandha)*

Kanjikam : Sour gruel: This is also called *Aranāḷa*. There are two methods of preparing *kānjikam.*
1. Take 100 *pala s* (400 *tolas* = 4.62 kg.) of Rice (the variety which ripens in 60 days and is red in colour). Cook it. Add water 10 times of the cooked rice. Half fill in a new earthen pot. Seal airtight and keep for 7 days . Filter and collect the sour water.
2) Pulvarise the rice, add tender white radish pieces and water. Fill in a new earthen pot. Seal the mouth airtight and keep till it ferments. Open and filter the liquid.

Māraṇa - The process of Killing. Killing the metals/minerals to reduce them to *Bhasma* in the stipulated process. There are Five Tests stipulated to assess whether the *māraṇa* - the killing process is done properly. See *Bhasma.*
Note: The literary meaning of the word *Māraṇa* is killing . When this is applied as a technical word in *Āyurvēda*, some scholars feel, translating it as killing is not correct. I disagree with it. When a human being is once killed, cannot be brought back to life by any means. Here too, when a metal is made as *bhasma* by *Māraṇa* process, it cannot be brought back to its original metal state. Hence, the word killing for *māraṇa* is used.

Mardana - Grinding. Mineral drugs ground with specified drugs, acidic juices & sour gruel, to remove the external/physical adulterants, impurities and toxic material is called *mardana.*

Nirutha : *Bhasma* that passed the *apunarbhava* test, is subjected to this final test. *Bhasma* along with silver is heated in a crucible till the silver melts. After cooling if the silver is absorbed by

the *Bhasma*, it is called *Nirutha Bhasma.*

Niscandrikam : This is a test for the *bhasma* of Mica. Mica has an inherent quality of shining/glittering. Since any good *bhasma* should not have any quality of its original mineral/metal, the *bhasma* of Mica too should devoid of the shine/glitter. A pinch of Mica *Bhasma* is rubbed between two fingers or on the palm with fingers and exposed to light. If shining/glittering minute particles are not observed, it is said to be *Niscandrika Bhasma.*

Piṣṭi or Rasa piṣṭi - If the mercury is made as paste with the combination of Sulphur as stipulated is called *piṣṭi or the Rasa Piṣṭi* (paste of mercury). There are some methods of making this. Mercury, sulphur and other drugs are ground with milk to make a paste. Mercury and 1/4th the qty. of the Gold, is ground to make the paste. This particular paste is called *Pātana piṣṭi.* When the liquid is added more and product is made like mire is called *Rasa panka.*

Puṭa : Basically, *Puṭa* is custom built fire place or furnace, where metals/minerals are burnt in a stipulated method and with stipulated drugs, to make *bhasma.* Generally, unless specified, only dungcakes are used as they retain heat longer. There are several types of *Puṭa* - viz. *Mahā puṭa* (Great *puṭa*), *Gaja puṭa* (Elephant sized big *puṭa*), *Varaha puṭa* (Pig sized *puṭa*), *Kapōta puṭa* (Pegion sized *puṭa*) etc.etc.. These have been designed by experience with ultimate aim to burn the ingredients just to the required level of heat and time. *puṭa* is to selected according to the quantity & material. Over burnt *bhasmas* are generally to be discarded. Less burnt is again processed in *puṭa.*

Rasa Bhasma : *Bhasma* of Mercury

Rēkhā pūrṇa :This is one of the five tests of *Bhasmas. Bhasma* when held and pressed between the thumb and the pointing finger, the contours of the finger, if formed and visible, on the *Bhasma*, it passes this test.

Sand bath : This is called *vālukā yantra*. *vālukā* = Sand. *Yantra* = apparatus. To regulate the heat, at almost constant rate for longer periods, the sand bath is employed. Sand is filled in a metallic/ earthen wide mouthed container and crucible/ container containing the drugs is kept half covered in the sand. This is kept on fire and heated as stipulated.

Satva : Minerals like Mica etc. are ground with alkaline, acidic groups and the drugs which hastenup melting. After melting, the pure metal that is seperated is called *Satva* - the pure active part of the mineral. In olden days, obtaining pure metals was difficult. Practitioners used to collect the ores and smelt them to metals. Hence, some scholars opine that extracting *satva* is nothing but extracting metal from the ore.

Sealing of earthenware and crucibles: Generally all the *bhasmas* are made in sealed containers. The mouths or the joints are sealed airtight, not to allow mercury, sulphur etc, to escape as vapours.

Materials used for sealing: 1) Very soft earth, free from sand etc., Mire of ant hill is always preferred. 2) Soft and thin cotton tape of sufficient width and length duly moistened. Mire is applied on the cotton tape and pasted on the joint and dried. This is repeated twice or thrice one over the other as stipulated or as required.

Sōdhana - is the term for the procedure to purify any drug or the human body.

Svēdana yantra: See *yantra*. This is a simple apparatus. The vapours are made to pass through the drug. The stipulated liquid is half filled in an earthen pot, the drug to be treated is packed in a cloth pouch, and hung at the centre by means of a string. When boiled, the vapours pass through the pouch.

Svarasa - Juice - *Svarasa* means liquid of its own. The liquid expressed without adding water is called the *svarasa* or the juice.

Tandulōdaka - **Rice water:** *Tandula* = dehusked rice grains. *Udakam* = water. The dehusked rice is half broken added to 4 times the water and allowed to soak over night. The water is decanted in the morning, is called *tandulōdaka*- the Rice water.

Uttama Test: This is similar to *Vāritara* test. A pinch of *Bhasma* is placed on the water and on it, a grain of paddy (Rice or Wheat) is placed. If the *Bhasma* do not sink, it is said to have passed the test.

Vāritara - This is one of the five tests stipulated for assessing whether the *māraṇa* of a metal/mineral is done properly and that the *bhasma* can safely be adminisered on human beings. When a pinch of the *bhasma* is placed on the water, it should float and should not sink.

Yantra - Literal meaning is machine or apparatus. This is a general word. There are many *yantras* desined for each specific application and are accordingly named.

Yōgavāhi - A drug which has the capability to absorb/acquire the therapeutic actions of the another drug with which it is combined/mixed.

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GLOSSARY OF SANSCRIT TERMS

Transliteration shown in italics. First figure indicates chapter and the other stanza.

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अङ्कोल - *Aṅkola* - Alangium salvifolium 5-5

अम्बु - *Ambu* - Cyperus rotundus 5-19

अग्नि- *Agni* - Plumbago zeylanica, 1-11, 5-2,5,9

अग्निजम् - *Agnijam* - A variety of Gold 2-4

अग्निमन्थ - *Agnimantha* - Clerodendrum phlomidis Linn.f. 4-60

अगुरु - *Agaru* - Aquilaria agallocah Roxb. 5-38

अक्षम् - *Akṣam* - Terminalia bellirica 5-7

अजामूत्र - *Ajāmūtra* - Urine of the goat 5-28

अपामार्गबीज - *Apāmārgabīja* - Seeds of Achyranthes aspera Linn.1-38

अब्दम् - *Abdam* - Cyperus rotundus Linn. 5-1,2

अभ्रम् - *Abhram* - Mica 2-36,63, 3-2

अभ्रकम् - *Abhrakam* - *Bhasma* of Mica 2-65

अभ्रकजम् - *Abhrajam* - *Bhasma* of Mica

अभया - *Abhaya* - Terminalia chebula 4-120,5-7, 24

अम्लक - *Amlaka* - Acidic group of drugs 2-11

अम्ल - *Amla* - Acidic group of drugs 1-10,11,2-7, 7,12,18, 19, 28,3-1

अम्लरस - *Amla rasa* - Acidic juices 2-49

अम्ल - *Amla* - Acidic 2-65,4-49

अम्लवेतस- *Amlavētasa* - Garcenia pedunulata Roxb. 4-69

अमृतम् - *Amrutam* - Aconite 4-78

अयम् - *Ayam* - Iron 5-2

अयस्- *Ayas* - Iron 5-10

अरिमेद - *Arimēda* - Acacia catechu 1-39

अर्क- *Arka* - Calotropis plant 1-11, 3-9, 4-120

अर्क - *Arka* - Copper 1-9.12,2-1, 14,20,5-2, 5-25

अर्कम्- *Arkam* - *Bhasma* of copper 4-37, 4-39, 4-43, 4-45,

अर्क दुग्ध- *Arka dugdha* - Latex of Calotropis plant

अर्कपत्रम्- *Arka patram* - Thin sheets of copper 4-8

अर्कपयः- *Arka payah* - Latex of Calotropis plant 4-43

अर्क भाजनम् - *Arka Bhājanam* - copper vessel 4-127

अर्क क्षीरम् - *Arka Kṣiram* - Latex of Calotropis plant 4-25

अर्जुन त्वच - *Arjuna tvaca* - Bark of Terminalia arjuna 3-6

अवनि - *Avani* - See foot note of 4-78

अश्म - *Asma* - Stone 1-9

अश्वत्थ - *Asvatha* - Ficus religiosa 2-27

अहि - *Ahi* - Iron 1-36, 2-1

अहिफेनम् - *Ahiphēnam* - Opium 3-11

अहिफेनकम् - *Ahiphēnakam*- Opium 5-12

आकल्लम् - *Ākallam* - Anacyclus pyrethrum DC 5-2

आकल्लकम्- *Ākallakam* - Anacyclus pyrethrum DC 4-129

आखुपर्णि- *Ākhuparṇi* - Merremia emarginata Hall.f. 4-95

आज्यम् - *Ājyam* - (Cow's) Ghee 2-46,56,3-5, 4-26,96,5-20

आत्मगुप्त - *Ātmagupta* - Mucuna prutita Hook. 4-96,

आयसं - *Āyasam* - Iron 2-27,

आर्द्रकम् - *Ārdrakam* - Ginger 4-68,78,

आर्द्रक द्रवम् - *Ārdraka dravam* - Ginger juice, 4-6

आर्द्रक रसं- *Ārdraka rasam* - Ginger juice, 4-10,38

आर्द्रकाम्बु - *Ārdrakāmbu* - Ginger juice, 5-15

आसुरी - *Āsurī* - Mustard seeds 1-10,

इन्दु - *Indu* - Edible camphor 5-12,38

इन्द्र - *Indra* - Hygrophylia auriculata 5-24

इष्टी - *Iṣṭi* - Brick 1-10

उन्मत्त - *Unmatta* - Datura 4-125

उन्मत्त बीजं - *Unmattabījam* - Seeds of Datura 4-105

उन्मत्त वारि - *Unmatta vāri* - juice of Datura plant 4-90

उग्रम् - *Ugram* - Acorus calamus 5-28

ऊर्ध्वग भस्मम्- *Ūrdhvaga Bhasmam* - *Bhasma* of Mercury that deposits on the top of the vessel. 1-19

ऊषणं - *Ūṣaṇam* - Black pepper 4-9,80,5-5,20

एकांशम् - *Ēkāmsam* - One part 1-14

एरण्ड पत्रकम् - *Ēraṇḍa patrakam* - Leaves of Ricinus communis 4-67

एला - *Ēlā* - Cardamom 5-10

एलावालुकम् - *Ēlāvālukam* - Mukia maderaspatana 5-24

औषधम् - *Ouṣadham* - Dry ginger 5-12

कटु - *Kaṭu* - Mustard seeds 5-28

कटु तैलम् - *Kaṭu tailam* - Mustard oil 5-36

कटु त्रयम्- *Kaṭu trayam* - Three pungents - Black pepper, Dry ginger, and Long pepper,

कटु त्रिकम् - *Kaṭu trikam* - -do-

कटफलम् - *Kaṭphalam* - Myrica nagi Thumb 5-19

कडलि फला - *Kaḍali Phala* - Plantain fruit 4-97

कनक - *Kanaka* - Datura plant 4-21

कन्या - *Kanyā* - Aloe vera 1-11

कन्या रस - *Kanyā rasa* - Aloe vera gel 2-26

कपर्दम् - *Kapardam* - Yellow cowrie 4-80,89

करभम् - *Karabham* - Anacyclus pyrethrum DC 4-107

करीर - *Karīra* - Bamboo sprout 2-65

करीरक - *Karīraka* - Bamboo sprout 4-78

कर्पूर - *Karpūra* - Edible camphor 5-10

कर्कोटक- *Karkōṭaka* - Male plant of Mimordica dioica Roxb.ex.willd. 1-50

कर्कोटकम् - *Karkōṭakam* - Mimordica dioica Roxb.ex.willd. 2-65

कलांशम् - *Kalāmśam* - 1/16th part 1-10

कस्तूरि - *Kastūri* - Musk 5-13

कस्तूरी - *Kastūri* - Musk 5-38

काञ्चनार - *Kāñcanāra* 2-16

काञ्जिकम्- *Kāñjikam* - Fermented rice gruel 1-35

काण्डारम् - *Kāṇḍāram* - A variety of iron 2-34

कान्तं - *Kāntham* - Lodestone 2-51

कान्तोद्भवम् - *Kānthōdbhavam* - Lodestone 2-13

कांश्यम् - *Kāmsyam* - Brass 2-54

काकमाचि- *Kākamāci* - Solanum nigrum 4-110

काकोदुम्बरिका - *Kākōdumbarika* - Ficus hispida Linn.f. 4-48

कारवेल्लकम् - *Kāravellakam* - Mimordica charantia Linn. 2-65

कारवेल- *Kāravēla* - Mimordica charantia Linn.4-2,19

कार्पासि - *Kārpāsi* - Gossipium herbaceum .4-112

कार्पास्याम्बु - *Kārpāsyāmbu* - Juice or decoction of the leaves of Gossipium herbaceum . 4-113

कार्पासिका द्रवम् - *Kārpāsikā dravam* - Juice of cotton plant leaves 4-94

काल लोह - *Kāla lōha* - A variety of Steel 2-35

कासीसं- *Kāsīsam* - Green vitreol 2-12

कासीसकं - *Kāsīsakam* - *Bhasma* of Green vitreol 5-15

किंशुकं - *Kimśukam* - Butea monosperma 5-26

किट्टं - *Kiṭṭam* - Metal slag- normally of iron 2-50,59

कितव - *Kitava* - Datura Plant 5-18

कुंकुम - *Kumkuma* - Saffron 4-55

कुंठं - *Kumṭham* - a variety of iron 2-34

कुनटी - *Kunaṭī* - Realgar 5-33

कुमारी- *Kumārī* - Aloe vera 2-32

केसरं - *Kēsaram* - Saffron - Mesue ferrea Linn. 5-12, 5-20

कूष्माण्डम् - *Kūṣmāṇḍam* - Ash gourd - Benincasa hispida 2-49

कृष्णं - *Kruṣṇam* - Black pepper 4-129

कृष्ण - *Kruṣṇa* - Long pepper 4-19,5-7,12,15,19

कृष्ण धूर्तबीजं - *Kruṣṇa Dhūrta bījam* - Seeds of Datur metal 4-17

खंडं - *Khaṇḍam* - Sugar candy 4-97

खनिजं - *Khanijam* - Ore; a variety of Silver 2-5, 2-10

खरसारं - *Kharasāram* - a variety of Steel 2-35

खर्जूर - *Kharjūra* - Date fruit 4-97

खर्पर - *Kharpara* - Dung cakes 1-42

खर्पर - *Kharpara* - Calamine - Zinc corbonate 2-52

खदिरं - *Khadiram* - Heartwood of Acacia catechu or its spray dried powder 5-7

खुरकं - *Khurakam* - A variety of Tin 2-25

खोट - *Khōta* - One type of bonds of Mercury 1-17

गन्धं - *Gandham* - Sulphur 1-13,31;2-39,40,57,61;3-1;4-8,21,38; 4-,80,90, 93,94,105,120,125,126;5-2,5,

गन्धकं - *Gandhakam* - Sulphur 1-13,27,28,32;4-2,16,23,45,60

गर - *Gara* - Aconite 5-20

गजाख्यं - *Gajākhyam* - a variety of steel 2-35

गवां मूत्रं - *Gavām mūtram* - Urine of Cow 2-18

गव्यं - *Gavyam* - Cow's Ghee 2-54

गव्य पयः - *Gavya payah* - Cow's milk 5-32

गिलं - *Gilam* - Bark of Lemon Tree 5-19

गुञ्ज - *Guñja* - Seed of Abrus precatorius Linn. 4-6

गुञ्जा - *Guñjā* - Abrus precatorius Linn. 2-56

गुग्गुलु - *Guggulu* - Commiphora weitii 5-24

गुडम् - *Guḍam* - Jaggary 2-56,4-121,5-2,19

गुडूचिका - *Gudūcikā* - Tinospora cordifolia 5-11,

गोक्षुरं - *Gōkṣuram* - Tribulus terrestris Linn. 5-10

गोघृतं - *Gōghrutam* - Cow's Ghee 2-63

गोजलं - *Gōjalam* - Cow's Urine 4-47

गोजल - *Gōjala* - Cow's Urine 1-50,5-17

गोदुग्धं - *Gōdugdham* - Cow's Milk 3-1,4-51

गोधूमं - *Gādhūmam* - Wheat 4-97

गोमूत्रं - *Gōmūtram* - Cow's Urine 2-50,3-1,4-64, 5-36

गोपयः - *Gōpayah* - Cow's Milk 4-97

गौरी - *Gourī* - Turmeric powder 5-28

ग्रन्धि - *Grandhi* - Premna herbacea Roxb. 5-9

ग्रन्धिकं - *Grandhikam* - Premna herbacea Roxb. 5-2

घृतं - *Ghrutam* - Ghee 2-47,3-6,8,4-40

चन्दनं *Candanam* - Sandal wood 5-12

चपलं - *Capalam* - Bismuth/Selenium 1-30

चिञ्चा - *Ciñcā* - Tamarindus indicus 2-27,44, 4-96

चिञ्चा क्षारं- *Ciñcā kṣāram* - Alkali of Tamarind Tree 5-6

चणक - *Caṇaka* - Seed of Cicer arietinum Linn. 5-21

चणक क्षारवारि- *Caṇaka kṣāravāri* - Liquid Alkali of Cicer arietinum Linn. 4-71

चतुर्जातक - *Caturjātaka* - A group of four drugs viz. Cardmom seeds, bark of cinnamomum zelanicum, Flower buds of Mesua ferra and Leaves of Cinnamomum tamala 5-12

चुम्बक - *Cumbaka* - a variety of Lodestone 2-37

चित्रकाङ्घ्रि- *Citrakāṅghri* - A group of Plumbago zeylanica plants

छागी क्षीरं - *Chagī kṣīram* - Goat's Milk 4-31

छागाम्बु - *Chāgāmbu* - Goat's urine 5-1

छाग शकृत् - *Chāga sakrut* - Goat's excreta 2-30

जम्बीर - *Jambīra* - Lemon fruit 4-81

जम्बू - *Jambū* - Syzygium cumini 2-43

जम्भ तोय - *Jambha tōya* - juice of the lime 5-5

जम्भाल - *Jambhāla* - Sour orange or Lime 2-61

जारण द्वद्वं - *Jārana dvandvam* - The two cumins- Cuminum cyminum Linn. and Nigella sativa 5-9

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जम्बीर - *Jambīra* - Juice of the Lime 4-68
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तालक(म्) - *Tālaka(m)* - Yellow orpiment 2-28;4-30,60;5-33
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तिलतैलं - *Tila tailam* - Seasame seed oil 2-49
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तुत्थं - *Tutham* - Copper sulphate 4-2,127,5-25
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धनंजय जटा - *Dhanjaya jata* - Root of the Plumbago zeylanica 4-78
धात्री - *Dhātrī* - Gooseberry 5-10
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पयः - *Payah* - Milk 4-105
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पर्पटि - *Parpaṭi* - Mercury done as powder 1-18
पलाश तोय - *Palāśa tōya* - Decoction of Butea monosperma 4-79
पाट - *Pāṭa* - a variety of mercurial bond 1-18
पादांशं - *Pādāmśam* - One fourth part
पारद (म्) - *Pārada (m)* - Mercury 1-4,8,38,41,44;2-55;4-1,90,94,
पालिका त्रितयं - *Pālikā tritayam* - ? - a mesure 4-17
पिप्पली - *Pippali* - Long pepper 4-21
पित्त - *Pitta* - Dried gall blader/Liver 1-46,
पित्त पञ्चक - *Pitta pañcaka* -A group of five Dried gall blader/Livers- of Pig, Goat, fish, Horse and Peocock 4-12
पित्तमाजम् - *Pittamājam* - Dried gall blader/Liver of Goat 5-5
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पिनाकं - *Pinākam* - One of the varieties of Mica 2-58
पिष्टि - *Piṣṭi* - a lump of medicinal drugs 1-18
पीतभृङ्ग - *Pītabhruṅga* - Yellow flowered Eclipta
पुत्रजीवक मज्जा - *Putrajīvaka majjā* -Seed kernels of Putranjiva roxburghii wall. 4-127
पुनर्नवा - *Punarnavā* - Triathema portulacastrum 1-42
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बलि - *Bali* - Sulphur 5-6,23
बस्त मूत्रं - *Basta mūtram* - Urine of the sheep 5-27

बाकुची बीज - *Bākucī bīja* - Seeds of Psoralea corylifolia Linn. 4-47
बाह्लीकं - *Bāhlīkam* -Saffron 5-38
बिडं - *Biḍam* - A variety of steel 2-35
बीजपूरं - *Bījapūram* - Citrus medica fruit 1-50,4-78
बीजपूर जटा - *Bījapūra jaṭa* - Citrus medica root 4-46
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ब्रह्मद्रु - *Brahmadru* - Butea monosperma 2-28
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ब्राह्मी द्वितय - *Brāhmī dvitaya* - Bacopa monnieri & Centella asiatica 5-21
बैजपूरं - *Baijapūram* - Citrus medica fruit 4-68
भल्लातकं - *Bhallātakam* - Marking nut - Semecarpus anacardium 5-16
भवभागं - *Bhavabhāgam* - Three parts 4-31
भस्म सूतं - *Bhasma sūtam* - *Bhasma* of Mercury 4-33
भानु दुग्धं - *Bhānu dugdham* - Latex of Calotropis plant 5-32
भुजङ्गं - *Bhujaṅgam* - *Bhasma* of lead 4-78
भूभागं - *Bhūbhāgam* - One part 4-30,36
भूधर यन्त्र - *Bhūdhara yantra* - One of the apparatus used for the manufacture of mercurial preparations 1-15
भूधात्री - *Bhūdhātrī* - Phyllanthus niruri 1-31
भृङ्ग - *Bhruṅga* - Eclipta alba 2-26,5-20
भृष्ट टङ्कण चूर्णं - *Bhruṣṭa ṭaṅkaṇa cūrṇam*-Dehydrated powder of borax 4-70
भृङ्ग तोय - *Bhruṅga toya* - Juice of Eclipta alba 2-61
भ्रमकं - *Bhrāmakam* - A variety of Lodestone 2-37
मकुष्ठं - *Makuṣṭham* - Wild variety of greengram 4-57
मणि - *Maṇi* - Precious stone 1-45
मधु - *Madhu* - Honey 2-46, 56;3-6;4-33, 34,43,114; 5-11
मद्यं - *Madyam* - Liquor 2-49
मत्याक्षी - *Matyākṣī* - Alternanthera sessilis (Linn.)DC 2-39,45

मरिचं - *Maricam* -Black pepper 4-5,21,26,127
मरिच - *Marica* - Black pepper 5-21
मरीचं - *Marīcam* - Black pepper 5-9
मलपू - *Malapū* - Ficus hispida Linn.f.
महा कम्बु - *Mahākambu* - Counch 4-23
महिष्या दधि - *Mahiṣyā dadhi* - Curds made of buffelows milk 4-115
महौषधि - *Mahouṣadhi* - Dried leaves of Cannabis sativa 3-15
मांसी -. *Māmsī* - Nardostachys jatamansi DC 5-38
मातुलुङ्ग - *Mātuluṅga* - Citrus medica fruit 4-95
मार्कण्ड- *Mārkaṇḍa* - Senna - Cassia angustifolia vahl. 2-43
मार्गी- *Mārgī* -Achyranthes aspera 5-7
माषान्नं - *Māśānnam* - Foods made of blackgram 2-49,4-97
मिश्रकं - *Miśrakam* - a variety of Tin 2-25
मीनाक्षी - *Mīnākṣī* - Alternanthera sessilis (Linn.)DC 2-39, 2-61
मुण्डं - *Muṇḍam* - one of the varieties of iron 2-34,37, 51
मुण्डी - *Muṇḍī* - Sphaeranthus indicus 4-61
मुस्ता - *Mustā* - Cyperus rotundus 5-38
मुशली - *Muśalī* - Aspharagus adscendens Roxb. 4-95
मूत्र - *Mūtra* - Group of urines 1-10
मृदु - *Mrudu* - a variety of iron - *Munda* 2-34
मृत लोहं - *Mruta lōham* - *Bhasma* of iron 4-60
मेघकं - *Mēghakam* - Mica 2-64
मेघनाद(म्) - *Mēghanāda (m)* - Amaranthus compestris 2-61,3-6
मोच - *Mōca* - Gum Bombax ceiba Linn. 4-96
म्लेच्छ - *Mlēccha* - a variety of copper 2-14
यष्टि - *Yaṣṭi* - Glycirrhiza glabra 5-25
रक्तिका - *Raktikā* - A measure
रजनी - *Rajanī* - Turmeric 3-6
रस - *Rasa* - Mercury 1-6,7,8,13,14,16,30,31, 31, 36,36,37,42,43,45,46,49,

50, 5\5, 6,7

रस - *Rasa* - Mercurial medicament 3-2

रसं - *Rasam* - Mercury 4-13,16

रसक(म) - *Rasaka(m)* - Zinc carbonate 1-33;2-53;4-2

रसकर्म - *Rasa karma* - a method of mercurial process 2-14; 3-9

रसभस्म - *Rasa bhasma* - *Bhasma* of mercury 2-33

रसराज - *Rasarāja* - mercury 5-21

रसवादोत्थं - *Rasavādōtham* -Gold made through alchemical process 2-5

रसः - *Rasah* - mercurial medicaments 4-1

रसाञ्जन - *Rasāñjan* - See text for details 5-25

रसाधीश - *Rasādhīśa* - Lord *Shiva* 1-51

रसामृतं - *Rasāmrutam* - Mercury 5-6

रसेश्वर - *Rasēśvara* - a synonym of Lord *Siva* - God of mercury 1-13

रसेश्वर - *Rasēśvara* -Mercury 1-22

राजिका - *Rājikā* - Mustard seeds 2-49

रामठ - *Rāmaṭha* - Asafoetida 5-35

रूप्य - *Rūpya* - Silver 2-1,10,11,13;4-95

रेनुका - *Rēnukā* - see text 5-2

रोध्रं - *Rōdhram* - Symplocos recemosa Roxb. 5-25

रोध्र तोय - *Rōdhra tōya* - Decoction of Symplocos recemosa Roxb.5-26

रोमक - *Rōmaka* - A variety of Lodestone 2-37

लवणै - *Lavaṇai* - Group of Salts 1-10

लवणं - *Lavaṇam* - Salt 1-20,22,34;2-52; 5-32,

लवण - *Lavaṇa* - Rock salt 4-78

लवङ्ग - *Lavaṅga* - Cloves 5-12

लाङ्गली - *Lāṅgalī* - Gloriosa superba Linn. 3-9,

लोहं - *Lōham* - Metal/ *bhasma* of iron 2-46,46,47,48,49,4-47

लोहं - *Lōham* - Iron 1-9,43,2-1,3,13,41, 63, 4-89

लोह पत्रं - *Lōha patram* - Iron sheet 2-39,44

लोह रजः - *Lōha rajah* - *Bhasma* of iron 4-34

वङ्ग (म्) - *Vaṅga(m)* - Tin 1-36,2-1,25,26,27, 31,33,5-10,15

वच - *Vaca* - Acorus calamus 5-9

वचा - *Vacā* - Acorus calamus 4-63

वज्रं - *Vajram* - a variety of Mica 2-58

वज्री - *Vajrī* - Euphorbia nivulia 3-9

वज्री क्षीरं - *Vajrī Kṣīram* - Latex of Euphorbia nivulia 5-31

वटशृङ्ग - *Vaṭaśruṅga* - Arial roots of Ficus benghalensis 4-10

वरं - *Varam* - See text at 5-25,27

वरं - *Varam* - Saffron 5-28

वरा - *Varā* -Three myrobalans 3-41,47,5-25, 28

वराम्बु - *Varāmbu* - Decoction of Three myrobalans 1-11,2-63

वराटं - *Varāṭam* - Cowries 4-37,

वराटि - *Varāṭi* - Cowries 4-31

वर्त - *Varta* - an alloy of five metals

वल्लिज - *Vallija* - Piper betle 4-110

वह्नि - *Vahni* - Plumbago zeylanica 5-16

वाराही कंद - *Vārāhī kanda* - Dioscorea sativa 1-33

वारिजं - *Vārijam* - Rock salt 5-25

वालुका यन्त्र - *Vālukā yantra* - Sand bath 1-28, 4-28

वासा - *Vāsā* - Adhtoda vasica Nees 5-7

वासा रस - *Vāsā rasa* - Decoction of leaves of Adhtoda vasicaNees 4-28,29

विजया - *Vijayā* - Cannabis sativa 4-21,26,5-13

विडङ्ग (म्) - *Viḍaṅga (m)* - Embelia ribes Burm.f. 1-39,5-2,16,

विडङ्ग कम् - *Viḍaṅgakam* - Embelia ribes Burm.f. 5-1

विश्वा - *Viśvā* - Dry ginger 5-16

विष(म्) - *Viṣa (m)*-Aconite 3-1,2,4,8,4-9,13,60,80, 107, 129,5-1,2,9, 35, 16

विषकम् - *Viṣakam* - Aconite 5-5

विषमुष्टि - *Viṣa muṣṭi* - Strychnos nuxvomica 3-9

विष- *Viṣa* - Poison 1-46
वृन्ताकं - *Vrintākam* - Brinjal 2-65
वृषं - *Vruṣam* - Adhatoda vasica Nees 2-40
वेणु - *Vēṇu* - Bamboo 1-45
वेल्लं - *Vēllam* - Embelia ribes Burm.f. 5-25
व्योष(म्) - *Vyōṣa (m)* - The three pungents - Dry ginger, Black pepper and long pepper 4-34,78,125,5-1,6
शङ्खं -*Śaṅkham* - Counch or its *Bhasma* 3-1,4-37, 80, 5-6
शङ्खपुष्पि- *Śaṇkhapuṣpi* - See text and the notes 4-63
शर्कर - *Śarkara* - Sugar 4-18
शाल्यन्नं - *Śālyannam* - Cooked *Sali* rice 4-97
शाल्मली - *Śālmalī* - Gum Bombax ceiba 5-10
शाल्मलिका - *Śālmalikā* - Gum Bombax ceiba 5-11
शिग्रु मूलं - *Śigrumūlam* - Root of Moringa oleifera Lamk 4-50
शिला - *Śilā*- Realgar 2-31,4-8,19,28
शिलाजितु - *Śilājatu* - Mineral pith 3-1
शुंठि - *Śunṭhi* - Dry ginger 4-40
शुंठी - *Śunṭhī* - Dry ginger 1-50
शुक्लवचा - *Śuklavacā* - White variety of Acorus calamus 5-16
शुल्ब - *Sulba* - Copper 4-35, 5-21
शृङ्ग- *Śruṅga* - horn 1-45
शोभाञ्जन - *Śōbhāñjana* - Moringa oleifera Lamk. 4-78
श्यामा -*Śyāmā* - Operculina turpethum 4-35
श्रीखण्ड द्वय - *Śrīkhaṇḍa dvaya* - White and Red sandal wood 4-120
श्वेतागसि - *Śvētāgasi* - White flowered Sesbania grandiflora 2-11
सर्जकं - *Sarjakam* - Gum of Vateria indica Linn. 5-38
सर्पाक्षी -*Sarpākśī* - Orphiorrhiza mengos Linn. 4-93
सर्षप- *Sarṣapa* - Mustard seeds 4-65
सर्पि- *Sarpi* - Ghee 3-6

सहजं - *Sahajam* - a variety of Gold 2-4
सामुद्रं - *Sāmudram* - Sea salt 2-21
सामुद्रं - *Sāmudram* - Fish 5-5
सित - *Sita* - Sugar 4-96, 97, 105, 112,113, 117
सिता - *Sitā* - Sugar 5-13
सिद्धमूली - *Sidhamūlī* - Dried leaves of Cannabis sativa 3-15
सुर- *Sura* - Cedrus deodara 5-21
सुवर्ण- *Suvarṇa* - Gold 2-5,6,13,55;4-33
सूत- *Sūta* - Mercury 3-2,5-2
सूतं - *Sūtam* - Mercury1-3,10,12,14,17,18,27,32,35,48; 2-3,4-8,23,30,38, 43, 45,49, 60, 63,67,78, 80, 93, 105,108,110, 114,115, 120
सूतकं - *Sūtakam* - Mercury 4-107,
सूतराज - *Sūta rāja* - *Bhasma* of Mercury 2-64
सूतेन्द्र - *Sūtēndra* - Mercury 4-97,5-10,33
सोम - *Sōma* - ? 5-16,
सैन्धवं- *Saindhavam* - Rock salt 1-50, 4-72, 5-31
सौरम - *Souram* - Potasium nitrate 4-83
सौरण कंदं - *Souraṇa kandam* - Amorphophallus companulatus , 2-23
सौवीरं - *Sovīram* - Sour rice gruel 5-33
स्तन्यं - *Stanyam* - Breast Milk 5-26
स्नही - *Snuhī* - Euphorbia nerilifolia 4-35,120
स्नुही क्षीरं - *Snuhī kṣīram* - Latex of Euphorbia nerilifolia 5-24
स्फटिका - *Sphaṭikā* - Alum 1-42, 4-83,114,127
स्वर्ण- *Svarṇa* - Gold 2-3,4,10,50,4-35,109
षड्गुणं- *Ṣaḍguṇam* -Mercury that digested Sulphur 16 times of its weight 1-16,
षोडशांश - *Ṣōḍaśāmśa (kam)* - 1/16th part 1-46, 2-6
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